

## **DYNAMIC STRETCHES**

1. OPENING THE GATES
2. CLOSING THE GATES
3. KNEES ACROSS THE BODY
4. KICKS ACROSS THE BODY
5. LUNGES
6. SWEEPS
7. HIGH KNEES
8. BUTT KICKS
9. SHUFFLES WITH ARMSWINGS
10. TAPIOCA
11. OUTSIDE/OUTSIDE/CLAP/CLAP
12. KNEE/KNEE/CLAP/CLAP
13. THIGHS/CLAP/SHOULDERS/CLAP
14. SHAKE OUT