

BRHLL STRENGTH & CONDITIONING PROGRAM

DYNAMIC WARMUP

JOG OUT BACKPEDAL IN	JOG FORWARD (DOWN) EMPHASIZING POCKET-CHEST ARM MOVEMENT W/ GOOD KNEE PUNCH; BACKPEDAL (BACK) W/ SAME EMPHASIS; REPEAT
KNEE PULLS	WALK FORWARD PULLING KNEE TO ARMPIT EVERY OTHER STRIDE; EVERYONE DOWN, EVERYONE BACK
TOE PULLS	WALK FORWARD REACHING DOWN PLACING HEEL ON GROUND AND GRABBING TOES PULLING BACK EVERY THIRD STRIDE; EVERYONE DOWN, EVERYONE BACK
WALKING LUNGE	WALK FORWARD WITH SQUARE SHOULDERS PLACING ELBOW TO GROUND PLANTING OPPOSITE HAND; EVERYONE DOWN, EVERYONE BACK
HURDLE KICKS	WALK FORWARD KICKING LEG EVERY OTHER STRIDE WITH SHOULDERS ON TOP OF HIPS AND REACHING OUT FRONT; EVERYONE DOWN, EVERYONE BACK
SLIDE & STRETCH	SIDE TO SIDE STRETCH WITH TWO INFIELDER SHUFFLES IN BETWEEN; EVERYONE DOWN, EVERYONE BACK
HIGH KNEES	RUN FORWARD WITH EMPHASIZING KNEE LIFT, POCKET-CHEST ARM MOVEMENT, AND FORWARD LEAN; EVERYONE DOWN, EVERYONE BACK
BUTT KICKS	RUN FORWARD EMPHASIZING CALF TO HAMSTRING MOVEMENT SETTING OFF CYCLING ACTION; EVERYONE DOWN; EVERYONE BACK
POWER SKIPS	SKIP FORWARD TOUCHING EACHH FOOT TWICE EMPHASIZING STEPPING OFF POWER PAD, GOOD ARM MOVEMENT AND KNEE PUNCH
LATERAL SIDE SKIPS	SKIP SIDEWAYS TOUCHING EACHH FOOT TWICE EMPHASIZING STEPPING OFF POWER PAD, GOOD ARM MOVEMENT AND KNEE PUNCH
SKIP & SWING	SKIP FORWARD (DOWN) WITH ROTATIONAL ARM SWING FORWARD; SKIP BACKWARD (BACK) WITH ROTATIONAL ARM SWING BACKWARD
SLIDE AND GLIDE	HEEL TO HEEL SHUFFLE (DON'T CROSS FEET) SIDEWAYS DOWN AND BACK WITH SIDE TO SIDE ARM SWINGS
CARIOCA	CARIOCA SIDEWAY DOWN AND BACK KEEPING SHOULDERS SQUARE
TAPIOCA	TAPIOCA SIDEWAY DOWN AND BACK KEEPING SHOULDERS SQUARE
FAST FEET	RUN FORWARD EMPAHSIZING PUTTING FEET UP AND DOWN AS FAST AS POSSIBLE; EVERYONE DOWN, EVERYONE BACK
STARTS	RUN FORWARD FROM CROSSOVER START EMPHASIZNG STAYING LOW, STRIDE LENGTH, AND CHEWING UP GROUND; EVERYONE DOWN, EVERYONE BACK