

10 Minute Warm Up Exercises

Warm-Up Exercises	Distance, Time or Repetitions
Jumping Jacks	10 to 25 Reps
Split Jacks	10 to 25 Reps
High Knees	10 to 25 Reps
Straight Leg Kick	10 to 25 Reps
Knee Hugs	10 yards
Forward Lunge	10 yards
Bear Crawl	10 yards
Inchworm	10 yards
Tapioca (alternate crossing feet)	15-20 yards
Carioca (alternate crossing leg with trailing knee)	15-20 yards
Skipping Forward	15-20 yards
Skipping Backward	15-20 yards
Butt Kicks	15-20 yards
Sprint Builds	70%, 80%, 90%, 100%

