



# THE LEAN BERETS

## AVENGERS OF HEALTH!

### **“Speed, Agility, & Quickness Warm-Up Drills”**

#### ***Pre-Running Drills:***

- ✓ *Breath Cycles*
- ✓ *Relaxation Shake Outs (Face, Arms, Ankles)*
- Ankle Tilts
- Ball of Foot Circles
- Toe Pulls
- Knee Circles
- Squat/Protract & Reach/Retract
- Arm Flings
- Flexibility Bounces
- Leg Swings
- Hops + ¼ Turns
- Arm Swings:
  - Slow
  - Sprint

#### ***Skipping Drills:***

- Skips:
  - Low
  - High
  - Quick
  - Side Shuffle
    - Side Jacks
- High Knee
- Butt Kickers
- Cariocas:
  - Walk
  - Jog
  - Run
  - High Knee Pullover