

XLathlete.com

Hurdle Mixed Dynamic Warm up

- [Hurdle Warm Up Forward](#) – Right Leg First
- [Arm Circles Above Head](#) – 10 Each Way
- [Reindeer Twist](#) – 10 Each Way
- [Hurdle Warm Up Forward](#) – Left Leg First
- [Cat Cow](#) – 10 Each Way
- [Cat Cow Shoulder Stretch](#) – 10 Seconds
- [Quadraped Shifts](#) – 10 Back and Forth
- [Hurdle Warm Up Lateral](#) – Right Side
- [Spread Eagle](#) – 6 Each Side
- [Laying Knee Ups](#) – 6 Each Side
- [Bent Leg Hip Rotation](#) - 6 Each Side
- [Hurdle Warm Up Lateral](#) – Left Side
- [Laying Leg Over](#) – 6 Each Side
- [Lying Leg Twist](#) – 10 Each Way
- [Hurdle Warm Up Backward](#) – Right Leg First
- [Hurdler Twist](#) – 6 Each Side
- [Hamstring Up and Over](#) – 6 Each Side
- [Hurdle Warm Up Backward](#) – Left Leg First
- [Hurdler Twist Both Legs In](#) – 6 Each Side
- [Push Up Stretch With Twist](#) – 6 Each Side
- [Hurdle Warm Up Glute Lift Lateral](#) – Right Side
- [T spine rotation](#) – 6 Each Side
- [Hurdle Warm Up Glute Lift Lateral](#) – Left Side
- [Trunk Twist](#) – 10 Each Way
- [Standing Over and Under](#) – 6 Each Side