

XLathlete.com

In Place Locker Room/Hallway Dynamic Warm Up

- [Arm circles above head/ in front](#) -10 Each Way
- [Push away](#) -10 Each Way
- [Reindeer arm circles](#)
- [Neck rolls](#) -10 Each Way
- [Reindeer twists](#)
- [Messier squats](#) -10 Each Way
- [Lunge w/ twist](#) -6 Each Side
- [X behinds](#)-6 Each Side
- [windmill](#) -6 Each Side
- [Reverse lunges w/ reach to ceiling](#) -6 Each Side
- [Horizon eye shifts head up](#) -10 Each Way
- [Horizon eye shifts head down](#) -10 Each Way
- [Horizon head down look away](#) -10 Each Way
- [Horizon head up look away](#) -10 Each Way
- [Cat Cow](#)-6 Up and Down
- [Laying Leg Circles](#) -6 Each Side
- [Donkey Kick](#) -6 Each Side
- [Quadrapped Backward Leg Circles](#) -6 Each Way
- [Quadrapped Forward Leg Circles](#) -6 Each Way
- [Knee To Chest and Roll](#)
- [Spread Eagle](#)-10 Each Way
- [Hurdler Twist](#) -6 Each Way
- [Scorpion](#) -6 Each Way