

# MORNING ROUTINE

## Strength/Conditioning

- Pull Ups x \_\_\_
- Chin Ups x \_\_\_
- Push Ups x \_\_\_
- Sit Ups x \_\_\_
- Jumping Squats x \_\_\_
- Ankle Hops x \_\_\_

Grease the Groove

Warm Up

Wake Up

Move!

## Stretches

- Neck Rotations
- Arm Wheels
- Tricep stretch
- Shoulder stretch
- Wrist stretches
- Quads (grab with both hands!)
- Good Morning
- Front Kicks x \_\_\_
- Round House Kicks x \_\_\_
- Hip Flexors stretch
- Splits – Knee Touches – Head to Floor

Neck

Arms

Legs