

### **Perfusion Stage**

- Free squats 20
- Alternating lunges 20
- Jumping jacks 20
- Jumper squats 10
- Scissor jumps (alternating jump lunges) 10
- Push-ups 20
- Dive bomber push-ups 20
- Mountain Climbers 20

### **Dynamic Stretching Stage**

- Seated ankle rotations (foot circles) 10 e/ direction
- Seated knees laterally to floor 10 e/ side
- Guard leg circles 10 e/ direction
- Same direction knee circles 10 e/ direction
- Opposite direction knee circles 10 e/ direction
- Anterior/posterior straight leg swing 10 e/ leg
- Abduction/adduction straight leg swing 10 e/ leg
- Curve knees 10 e/ leg
- Reverse curve knees 10 e/ leg
- Anterior knee to chest 10 e/ leg
- Lateral knee to shoulder 10 e/ leg
- Hip circles 10 e/ direction
- Hip twist 20
- Anterior/posterior bends 10 e/ direction
- Side bends 10 e/ direction
- Upper body rotation 10 e/ direction
- Arm circles 10 e/ direction
- Cross body arm swing 10 e/ direction
- Rickson Gracie arm flail
- Wrist circles 10 e/ direction
- Posture setters (posterior shoulder circles) 10
- Head flexion/extension 10
- Head rotation 10
- Ear to shoulder 10

### **Core Loading Stage**

- Bridges Double Leg 10
- Bridges Single Leg 10 e/ leg
- Supermans 10 e/ side
- Double Leg Supermans 10
- Supine Lying Iron Cross 10
- V Sit Rollovers 10 e/ side
- Rollover Hurdler Seat 10 e/ side
- Kneel-Up 10 e/ side
- Frank Shamrock Stand-Up 10
- Sprawls 10