

Warm-Up (10 minutes)

Get your body ready to move and respond quickly.

- High knees (30 sec)
- Walking lunges with twist (down and back if space allows)
- Frankenstein kicks (10 each leg)
- Lateral shuffles (4 reps side to side)
- Arm circles – forward and backward (30 sec each)
- 2 min light pepper against wall (underhand, then overhand)

