

# TPE DYNAMIC WARM UP

- Walk w/ crossed leg hamstring stretch
- Sky reaches
- Heel walks
- Foot roll ups
- Opposite arm swings
- Walking lunges w/ a twist
- Walking butt flicks
- Knee to chest
- Knee to chest to butt
- Leg swings (front to back)
- Leg swings (side to side)
- Hamstring kick outs
- Side shuffle
- Carioca
- Strides