

Number	Name	Distance (yd)
1	3-5 up backs (controlled jog, no sprinting)	20
2	knee hugs	10
3	walking quad stretch	10
4	monster walks	10
5	elephant walks	10
6	high knee carioua	10
7	high knee carioua	10
8	open hip walks	10
9	spider mans	10
10	pier formas	10
11	walking figure 4	10
12	power skips	10
13	jog it out	10
14	Burst (variey of starting positions) (3x)	10