

**Focuses For The warmup**

- Agility
- Stability
- Control
- Mobility
- Balance

**Week 1 & 2**

<b><u>Warm-up</u></b>	<b><u>Multidimensional Series</u></b>	<b><u>Dynamic mobility</u></b>	<b><u>Lightweight Training Split</u></b>
Fast Feet	Fast feet	Lunge with hands	Upper/Core/Roll /strength
Hip switch	Run /shuffle	Cross body pull	Lower/core/roll/strength
Lateral line hops	Run 360 spin run	Open hips	Agility
One-foot line hop	Hip Flips	Hip hinges	Compound movements

Warmup was set to be carried out for 10minutes