

# SUPERSPEED DYNAMIC WARMUP

PERFORM 1 SET OF EACH EXERCISE

## POSITION

## REPS

01 ANKLE ROCKING

5 REPS PER POSITION

02 CLOCK TAPS

3 REPS PER POSITION/LEG

03 TORQUE TWISTS

5 REPS PER LEG

04 HIP TWISTERS

5 REPS EACH DIRECTION/POSITION

05 SINGLE ARM ROWS

6 REPS EACH ARM

06 W TURNS

6 REPS PER POSITION

07 CLUB RAISES

5 REPS

08 CLUB PUSHES/PULLS

3 REPS PER POSITION

09 SPLIT SQUATS W/ TORSO TURNS

5 REPS PER SIDE

10 TWIST LUNGES

5 REPS PER SIDE

11 HEAVY CLUB SWINGS

10 REPS EACH SIDE

\*11-use the red club in the mens set or blue in the senior/ladies.

Starting at 50% speed and make each swing progressively faster until reaching 100% on rep 10.

