

Eastview Baseball Dynamic Warm-up

1. Jogging with large forward and backward arm circles. (5-8 seconds)



2. High knee crossover. (5-8 seconds)



3. Skipping with knee flares. (5-8 seconds)



4. Skipping backward with flare knees. (5-8 seconds)



5. Skipping with kick. (5-8 seconds)



6. Carioca with arm swings. (5-8 seconds)



7. Shuffle bent over arm swings. (5-8 seconds)



8. Backward long stride reach. (5-8 seconds)



9. Walking lunge with twist. (3-5 steps each leg)



10. Walking lunge to straight leg kick. (3-5 steps each leg)



11. Walking high knee pull. (3-5 steps each leg)



12. Walking ankle grab (3-5 steps each leg)



13. Frankenstein. (3-5 steps each leg)



14. Figure 4 sit walks (3-5 steps each leg)



15. Reverse walking with toe touch hold. (3-5 steps each leg)



16. Long stride reverse reach. (3-5 steps each leg)



17. Spiderman crawl. (3-5 steps each leg)

