

CHOICE warm up  
5-10 minutes

YOU SHOULD NOT HAVE PAIN WHEN DOING THESE, IF YOU DO STOP  
YOU MAY HAVE SORENESS AFTER then exercises but it should go away in 24-48 hours that  
is normal (DOMS-delayed, onset muscle soreness-just like practice)

3 rounds 30 seconds each alternate  
Calf Raise-up on toes Do one leg then may progress to single leg  
Toe Raise-lift up toes, rock back on heels

Ankle circles on each foot: sitting  
clockwise (CW) 20 times, counter clockwise (CCW) 20 times  
point toes down hold 10 sec 10 times

Hip circles: 3 minutes each leg  
can do with knee straight or knee bent 20 times each direction, CW, CCW  
hold on to a chair

Lay on floor: on back 4 rounds  
Bridging Both legs bent 30 reps  
Single leg bridging 15 reps on each leg

Squats: (protect your knees your knees should not pass over your toes)  
12 reps x 4 laps (for a 100), 8 sets for 200

Step up side: keep ups leveled when doing up and down  
Control not fast 8-10 for 2 sets each leg

Main Set: 4 rounds  
(go down to where you feel comfortable)  
Wall sits with alternating arms: 60 sec R: 20 sec  
Wall sits with both arms up and lift up toes great breaststroke 30 sec R: 20 sec

Need for speed: 5-10 rounds 15-30 sec R:30  
Step taps: FAST alternating legs

Stretch your legs for 10 minutes

Balance on one leg (have a surface to hold so you do not lose your balance)  
Clock taps  
Standing with eyes closed

CHOICE Warm down 5 minutes or longer  
Ez stretching, arm swings  
Marching, walking, boxing