**Agilities Warm-Up Routine**

* **Girls line up and spread out along the north bleachers or line.**
* **Boys line up and spread out along the south bleachers or line.**
* **Start at the bleachers or line and perform the agility to the designated line/area.**
1. **50% jog down and back**
2. **Walk on toes ½ way down/ walk on heels back**
3. **Skip down and back**
4. **Cherry pickers down and back**
5. **Karaoke (grapevine) down and back**
6. **Butt kicks down and back**
7. **High knees down and back**
8. **80% jog down and back**

**Additional Agilities Options:**

* **Jog down and back 2 times**
* **Jog down and back and do 15 jumping jacks when you get back to your line/bleacher/wall**
* **Jog down and back and do 5 good push-ups when you get back to your line/bleacher/wall**
* **Lunges ½ down and back**
* **Inquire with additional ideas with your teacher**