

UCSD BASEBALL SUMMER DYNAMIC WARM UP	
EXERCISE	DIST / REPS
LIGHT JOG	400 YARDS
SKIP	20 YARDS
BACKWARDS SKIP	20 YARDS
SLIDE W/ARM SWING DOWN AND BACK	20 YARDS
ARM SWINGS / ARM CIRCLES FWD/BACK	10 EA
TAPIOCA (CARIOCA WITH LOW KNEES)	20 YARDS
SUPINE LEG CIRCLES	5 EA
SUPINE CROSSOVERS	5 EA
HIGH KNEE CARIOCA DOWN AND BACK	20 YARDS
QUADRAPED HIP CIRCLES	10 EA
KNEELING HIP FLEXOR STRETCH	10 X 5 SEC EA
LUNGE	5 EA
BACKWARDS RUN	20 YARDS
REV LUNGE W/ TWIST (2 SEC HOLD)	3 EA
INCHWORM	5 EA
WALKING RDL	5 EA
WALKING FRANKENSTEIN	5 EA
LATERAL SQUAT WALK	5 EA
WALKING KNEE HUG	5 EA
GLUTE STRETCH	5 EA
QUAD STRETCH	5 EA