SKILL-RELATED FITNESS
Challenge Activities

Full Body Warm-Up with Rising New York Road Runners
(Flexibility Warm-Up)
YouTube Video Demo

What you need: The Full Body Warm-Up video from RNYRR

The object of this activity is to perform each dynamic warm-up activity while following along with the Rising New York Road Runner video.

Ankle Circles
Leg Swings
Side Leg Swings
Trunk Twists
Hip Circles
Arm Scissors
Neck Circles
Shoulder Rolls