

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

