Red Group At-Home Workout Day 3 – 20 min + Stretching

2 x through – 1 minute each

- Jumping Jacks
- High Knees
- Butt Kicks

Dynamic Stretches – (What we do before practice – starting w/Arm Swings, leg swings….)

2x through – 45 seconds – 15 seconds rest

- Crunches
- Toe-Touches
- Streamline Squat Jumps
- Leg Raises
- Windshield washers (Back and arms flat, move legs together from side to side)
- Wall Sit
- Mountain Climbers