



## MSU Pompon 2019 Winter Clinic Warm Up Routine

**Warm-Up: (about 1 minute)**

**Each move 4 8-counts**

- **Tap Outs (hands on hips)**
  - 1 Step R foot out to straddle
  - 2 Tap L foot in
  - 3 Step L foot out to straddle
  - 4 Tap R foot in
  - 5-8 Repeat
  
- **Seat Kicks with arm pulls**

Repeat same move as before while adding arms

  - 1 Arms in forward shoot
  - 2 Pull arms back to laid down muscle man
  - 3-8 Repeat
  
- **Wide Knee Pulls**
  - 1 Arms in diamond, straddle
  - 2 Pull arms down to W, L knee up
  - 3 Arms in diamond, straddle
  - 4 Pull arms down to W, R knee up
  - 5-8 Repeat
  
- **Jumping Jacks**
  - 1 Arms in diamond, straddle
  - 2 Pull arms down to W, legs crossed
  - 3 Arms in diamond, straddle
  - 4 Pull arms down to W, legs crossed
  - 5-8 Repeat
  
- **Hip Rotators**
  - 1-2 Hands on hips, rotate R hip out
  - 3-4 Hands on hips, rotate L hip out

- 5-6 Hands on hips, rotate R hip in
- 7-8 Hands on hips, rotate L hip in

- **Tap Outs (hands on hips)**

- 1 Step R foot out to straddle
- 2 Tap L foot in
- 3 Step L foot out to straddle
- 4 Tap R foot in
- 5-8 Repeat

### **Cardio Round 1 : (about 3 minutes)**

**4 8-counts each move, repeat entire set twice**

#### **MOVE 1: Punches w/ In & Outs**

- 1 R Punch
- 2 L Punch
- 3-4 Repeat
- 5 Sponged, pop feet out, open muscleman
- 6 Sponged, pop feet in, closed muscleman
- 7-8 Repeat

#### **MOVE 2: Jump Ropes w/ Jump Lunges**

- 1-4 Jump Ropes, arms in W doing small circles
- 5-6 R jumping lunge, arms in guard
- 7-8 L jumping lunge, arms in guard

#### **MOVE 3: Side shuffles w/ knee pulls**

- 1-3 Sponged, shuffle to right
- 4 Angle body to angle, arms extended above head, step L foot back
- 5 Pull L knee to chest, pull arms in
- 6 Return to position at 4
- 7-8 Repeat 5-6
  
- 1-3 Sponged, shuffle to left
- 4 Angle body to angle, arms extended above head, step R foot back
- 5 Pull R knee to chest, pull arms in
- 6 Return to position at 4
- 7-8 Repeat 5-6

#### **MOVE 4: High Knees w/ Jump Squat**

- 1 R high knee, arms in guard
- 2 L high knee, arms in guard
- 3 R high knee, arms in guard
- 4 L high knee, arms in guard
- 5-6 jump into squat position

7-8 pop feet together, arms in shelf

**4 8-count Tap Out**

**Cardio Round 2 : (~3 minutes)**

**4 8-counts each move, repeat entire set twice**

**MOVE 1: Punches w/ In & Outs**

- 1 R Punch
- 2 L Punch
- 3-4 Repeat
- 5 Sponged, pop feet out, open muscleman
- 6 Sponged, pop feet in, closed muscleman
- 7-8 Repeat

**MOVE 2: Jump Ropes w/ Jump Lunges**

- 1-4 Jump Ropes, arms in W doing small circles
- 5-6 R jumping lunge, arms in guard
- 7-8 L jumping lunge, arms in guard

**MOVE 3: Side shuffles w/ knee pulls**

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  - 5 Pull R knee to chest, pull arms in
  - 6 Return to position at 4
  - 7-8 Repeat 5-6

**MOVE 4: High Knees w/ Jump Squat**

- 1 R high knee, arms in guard
- 2 L high knee, arms in guard
- 3 R high knee, arms in guard
- 4 L high knee, arms in guard
- 5-6 jump into squat position
- 7-8 pop feet together, arms in shelf

**4 8-counts tap out**

**2 8-counts to get down to ground**

## **Strength Round 1-Legs and Booty: (about 2 minutes)**

### **MOVE 1: Donkey kick + hydrant**

- 1-2 On all 4's, R donkey kick, foot flexed
- 3-4 Bring R leg back in to chest
- 5-6 Bring R leg out to side in hydrant
- 7-8 Return R leg to chest

### **Repeat 4 8-counts then switch sides**

- 1-2 On all 4's, L donkey kick, foot flexed
- 3-4 Bring R leg back in to chest
- 5-6 Bring R leg out to side in hydrant
- 7-8 Return R leg to chest

### ***2 8-counts to flip onto back***

### **MOVE 2: Glute Bridges**

- 1-2 glute bridge up
- 3-4 glute bridge down
- 5-6 glute bridge up
- 7-8 glute bridge down

### **Repeat for 3 more 8-counts**

### **2 8-counts pulse up**

### ***2 8-count get up***

### **MOVE 3: Squat Calf Raises**

- 1-2 Squat
- 3-4 Stand up, calf raise, arms by side
- 5-6 Squat
- 7-8 Stand up, calf raise, arms by side

### **Repeat 3 more 8-counts**

### **MOVE 4: Curtsy Lunges**

- 1-2 R curtsy lunge, arms in laydown diamond
- 3-4 Stand up in straddle
- 5-6 L curtsy lunge, arms in laydown diamond
- 7-8 Stand up in straddle

### **Repeat 3 more 8-counts**

### **MOVE 5: Jump Skips**

- 1-2 R lunge, L arm in forward muscle man, R arm pulled back
- 3-4 Switch arms, pull R knee up, jump on L leg
- 5-6 R lunge, L arm in forward muscle man, R arm pulled back
- 7-8 Switch arms, pull R knee up, jump on L leg

### **Repeat for 3 more 8-counts, then switch sides**

- 1-2 L lunge, R arm in forward muscle man, L arm pulled back
- 3-4 Switch arms, pull L knee up, jump on R leg
- 5-6 L lunge, R arm in forward muscle man, L arm pulled back
- 7-8 Switch arms, pull L knee up, jump on R leg

### **2 8-count tap out**

### **2 8-count get down**

### **Strength Round 2-Arms and Abs: (about 3 minutes)**

#### **Each move for 4 8-counts**

#### **MOVE 1: Tricep Dips**

- 1-2 Sitting on butt, hands on ground fingers facing forward, tricep dip press up
- 3-4 tricep dip press down
- 5-6 tricep dip press up
- 7-8 tricep dip press down

#### **2 8-counts to switch to plank**

#### **MOVE 2: Push up Shoulder Taps**

- 1-2 push-up down
- 3-4 push-up up
- 5 R hand taps L shoulder
- 6 Return R hand to plank position
- 7 L hand taps R shoulder
- 8 Return L hand to plank position

#### **Repeat**

- 1-2 push-up down
- 3-4 push-up up
- 5 L hand taps R shoulder
- 6 Return L hand to plank position

- 7 R hand taps L shoulder
- 8 Return R hand to plank position

### **MOVE 3: Up Down Plank**

- 1-2 Come down onto R forearm
- 3-4 Come down onto L forearm
- 5-6 Return R arm to upper plank position
- 7-8 Return L arm to upper plank position

### **Repeat**

- 1-2 Come down onto L forearm
- 3-4 Come down onto R forearm
- 5-6 Return L arm to upper plank position
- 7-8 Return R arm to upper plank position

### **MOVE 4: Plank Hold**

- 1-8 Hold upper plank

### **Repeat for 3 more 8-counts**

### ***2 8-counts to flip onto back***

### **MOVE 5: 90 degree crunch w/ toe taps**

- 1-2 legs in tabletop position, arms in butterfly behind head, crunch up
- 3-4 crunch down
- 5-6 lower toes down to ground, arms in butterfly behind head
- 7-8 Raise toes back to tabletop, arms in butterfly behind head

### ***1 8-count to reset arms and raise legs***

### **MOVE 6: Leg Raises**

- 1-4 arms under back, leg raise down
- 5-8 leg raise down

### **MOVE 7: Pilates 100**

- 1-8 Raise up to V position, pump arms down fast

### ***1 8-count to reset arms and put legs down***

### **MOVE 8: Sit Up + Twist Down**

- 1-4 full sit up, arms in fists
- 5-8 Twist side to side starting to R, slowly lowering down to ground

## Repeat

- 1-4 full sit up, arms in fists
- 5-8 Twist side to side starting L, slowly lowering down to ground

## Repeat

### MOVE 9: Crunches

- 1-2 Crunch up, arms in butterfly behind head
- 3-4 Crunch down, arms in butterfly behind head
- 5-6 Crunch up, arms in butterfly behind head
- 7-8 Crunch down, arms in butterfly behind head

### 2 8-count get up

### 2 8-count tap out

### 2 8-count step clap

### Cardio Blast: (4 8-counts)

#### Burpees

- 1 jump, arms extended above head
- 2 Squat, place arms on ground
- 3-4 Pop out to an upper plank
- 5-6 Jump back into Squat
- 7-8 Stand up in straddle, arms clean

### Stretch (7 mins)

- Breath in, squat and reach towards ceiling, breath out, REPEAT
- Flat back to front
- Flat back over to R wall
- Straddle, reach down to R foot, then bend left leg
- R runner with hands on thigh
- Push back in R runner so front leg is straight
- Middle straddle, back up to flat back
- Flat back over to L wall
- Straddle, reach down to L foot, then bend R leg
- L runner
- Push back in L runner to front leg is straight
- Middle straddle
  - Reach R arm up to ceiling, twisting body to R wall
  - Reach L arm up to ceiling, twisting body to L wall
- Standing Pike
- Walk arms out to downward dog

- Shift feet
- Sit down to straddle
  - Reach to R, L, and center
- Sitting pike
  - Point toes
  - Flex toes
- Butterfly
- Cross R heel over L thigh
- Cross L heel over R thigh
- Pigeon (R and L leg)
- Stand and stretch R quad and L quad
- Arm cross over (R and L)
- Arm behind head (R and L)
- Roll neck to R wall and L wall
- Breath in, squat and reach towards ceiling, breath out