
Strength : U16/U20/U23/Senior pre-run FUNmov**Planned Time:** 0:30:00**Workout Description:**pre-run FUNmov activation warm up routine

Forward lunge**Forward twisting lunge****Forward side lunge****Backwards diagonal lunge****Backwards lunge****Forward lunge walk****Backwards lunge walk****Plank- front + low****Plank- side + low****Plank- side + low dynamic****Plank- front + low + alternate leg****Plank- front + low + single leg****Plank- side + low + split****Plank- front + high****Plank- front + high + alternate leg****Plank- front + high + single leg****Plank- side + high****Plank- side + high + split****Kneeling hamstring****Vertical jumps****Box jumps****Side jumps****Med Ball jumps****Run: hip out****Run: hip in****Run: forwards and backwards****Run: circling partner****Run: bumping****Leg swing****Run: bounding**