

Stretch and Body Warm-Up

by Jeff Young and published by Dynamic Marching

- (https://www.youtube.com/watch?v=y9w2d_eX6GA)
- Begin in second position

4 “Up & Overs” (16 counts each 2 in each direction)

- Prep count “8,” dip right shoulder and look down to right hand
 - Count 1-4, right hand rising over head, eyes remain forward, allow the spine to naturally curve over and stretch the obliques
 - Counts 5-6 return spine to center, right hand remains elevated
 - Counts 7-8 right hand rotates across the body (reversing the direction travelled to return to center), left hand naturally follows (away from the body - think DaVinci’s man drawing)
 - Counts 9-10 hands to the ground (stretch hamstrings)
 - Counts 11-12 squat with hand to the ground (keep knees above toes and core centered above ankles)
 - Counts 13-15 return to second position with arms down
 - Count 16 prep next sequence
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- The next repetition will reverse the hands
 - The fourth repetition will end with counts 13-16 returning to second position but with arms raised in “broken arms” position

4 “Broken Arms” - In the Toaster (16 counts each)

- Begins with arms crossed above the head so that each hand grasps the opposing elbow
 - Counts 1-4 bend to the right, but maintain the horizontal plane (stay in the toaster)
 - Counts 5-9 break the toaster and continue to the “6:00” position
 - Counts 10-13 continue motion to the opposite side and return to “staying in the toaster”
 - Counts 13-16 continue the motion to the original position
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- The next repetition will reverse the direction
 - Motion should be fluid not stopped every four counts
 - All rotations should pivot from the core
 - Final count of the fourth repetition should prepare the deep lunges

2 “Deep Lunges” (each side is a group of 16 and 8 counts - 24 counts total)

Part 1:

- Count 1 Turn left (feet and upper body) with arms raised and pointing to the sky
- Count 2 Bend at the core with arms down to ground should width apart, left knee should be bent 90 degrees - don’t allow the knee to extend over the toes, stretch the right hamstring
- Hold counts 3-8
- Count 9 hands come in to left ankle
- Counts 13 and 15, right knee bends on pulse

Part 2:

- Count 1 the right leg comes in and the left leg straightens (don’t pick up the left foot), continue to hold the left ankle with hands
- Count 5-8 left hand remains at ankle and right hand points to the sky - the line drawn from hand to hand should be straight and vertical with the upper body facing forward

- Counts 9-12 hold this “triangle” pose (the triangle is created by the arm, torso, and leg and requires freedom of the hips and a strong core to enable a straight torso)
- Count 13-16 return to position of count 1 with both hands at left ankle, then pivot to begin the deep lunge sequence to the right side (count 15 facing forward) - on the second deep lunge sequence, return to first position on count 15

8 Plies/Relevés (16 counts each with each repetition using a different position)

- Sequence:
 1. First position
 2. Second position (left foot moves out)
 3. Fourth position (left moves forward)
 4. Third position (left foot moves back to right foot, but remains in front)
 5. Third position (right foot moves in front of left foot)
 6. Fourth position (right foot moves forward)
 7. Second position (right foot moves out)
 8. First position
- Each plie cycle follows this pattern:
 - Counts 1-2 knees bent, arms straight forward, palms down
 - Counts 3-4 return to position
 - Counts 5-6 knees bent arms straight out, palms down, head down
 - Counts 7-8 return to position
 - Counts 9-12 releve with arms rising palms down to fully stretched position
 - Counts 13-14 plie to arms straight out palms up
 - Count 15 rise up from pile, palms down
 - Count 16 establish next position

Lunges

- Sequence
 1. Forward with left foot moving into fourth position (both hands/shoulders in motion)
 2. Forward with right foot moving into fourth position (both hands/shoulders in motion)
 3. Left foot lunging out (right arm in motion, left arm in small of back)
 4. Right foot lunging out (left arm in motion, right arm in small of back)
 5. Backward with left foot moving into fourth position (both hands/shoulders in motion)
 6. Backward with right foot moving into fourth position (both hands shoulders in motion)
- Each lunge cycle follows this pattern:
 - Counts 1-4 step in the new direction with weight over the bent leg, raise arm(s) to create a long line between the ankle of the straight leg and the tip of the hands (palms down)
 - Counts 5-8 palms up and hands return to parallel with torso - continue to keep the core and upper body in line with the extended leg
 - Counts 9-10 shoulder(s) roll back (on last two backward lunges, the shoulders roll forward) isolate the shoulder motion without motion in the core
 - Counts 11-12 weight shifts to the extended leg, arms forward, palms down
 - Counts 13-14 arms straight out, palms still down
 - Count 15 return to first position