

ACF Fiorentina Substitution Warm Up Routine



Selection of Substitute Warm Up Exercises.

Dynamic Stretch Sequence

1. Warm Up Jog
2. Heel Touches
3. Knee Touches
4. Knee and Heel Touches
5. Arms back, front and clap
6. Thighs, Chest, Head
7. Side Step Forward
8. High Kicks
9. Trunk Twists
10. Carioca
11. Side Jacks
12. Inside Feet
13. Side Swings
14. Thigh, Thigh, Heel, Heel
15. Back Steps
16. Sky Stretch

This is followed by 2 minutes individual static stretching.