



From Head to Toe Academy

My Pre-Performance Physical Routine

Name: _____

My performance time: _____

I want to begin warming up at: _____

1. Raise | 3-5 Min

Choose 2-3. Start easy and gradually build.

- ☐ Light jog
- ☐ Skipping
- ☐ Side shuffle
- ☐ Jumping jacks
- ☐ Light high knees
- ☐ Butt kickers
- ☐ Easy dance steps
- ☐ Other: _____

*I like to choose a few for 20 secs each and repeat

2. Activate + Mobilise | 6-10 Min

My movements:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Have I prepared my...

- ☐ Ankles / calves
- ☐ Hips
- ☐ Hamstrings /adductors
- ☐ Trunk / upper body

6-10 reps or 20-40 sec per movement.

3. Potentiate / Prepare | about 3-5 min

Choose 2-4 movements that build speed, rebound and power.

Ideas: pogos, hops, bounds, jump + stick, quick knee drives

- 1.
- 2.
- 3.
- 4.

About 3-6 quality reps or short 5-10 sec bursts.

4. Dance-specific prep | about 3-5 min

Finish by preparing for what you are actually about to do.

Technique / drill:

Short dance-specific burst:

Optional fuller run-through / first-dance prep:



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My Warm-Up Versions

Name: _____

My class warm-up | about 5-10 min

Keep it simple and efficient. Use the same RAMP framework with fewer exercises and less time in each section.

Raise: _____

Activate + Mobilise: _____

Potentiate / Prepare _____

Dance-specific prep: _____

My quick re-warm | about 2-5 min

Use this after a delay or between rounds.

If I've fully cooled down, I'll start with a quick Raise.

The choose a few familiar movements to switch back on & prepare for dance.

My quick re-warm: _____
