

Drill: Warmup Drill Set: Marching Fundamentals Block - Maximum Strength Warmup

Set #1 Count: 0

Marching Fundamentals Block - Maximum Strength Warmup

L	L	L	L	U	U	U	X	X	Y	Y	G	G	G	D	D
40	39	38	37	3	2	1					8	17	18	9	10
L	L	L	L	O	O	O	O	O	Y	X	G	G	G	D	D
33	34	35	36	1	2	3	4	5			7	16	19	8	11
L	L	L	L	S	S	Q	Q	X	X	X	G	G	G	D	D
32	31	30	29	1	2	3	4				6	15	20	7	12
L	L	X	H	H	H	H	H	H	H	H	G	G	G	D	D
27	28		26	25	24	23	22	21	20	19	5	14	21	6	13
T	T	T	T	T	T	T	T	H	X	X	G	G	G	D	D
1	2	3	4	5	6	7	8	18	78	77	4	13	22	5	14
T	T	T	T	T	T	T	T	H	X	X	G	G	G	D	D
16	15	14	13	12	11	10	9	17	76	75	3	12	23	4	15
S	S	S	S	S	S	S	S	S	X	X	G	G	G	D	D
43	44	45	46	47	48	49	50	51	74	73	2	11	24	3	16
S	S	K	K	K	K	K	K	K	K	K	G	G	G	D	D
42	41	59	60	61	62	63	64	65	66	67	1	10	25	2	17
K	K	K	K	K	K	K	F	F	F	F	F	G	G	D	X

25 30 35 40 45 50 45 40 35 30 25 20

Director Viewpoint