

Active Warm Up / Injury Prevention Warm Down

- 1) Arm circles both ways
- 2) Opposites both ways
- 3) Reach Tall - side stretch both sides - Reach tall
- 4) Feet hips width apart, knees slightly bent - hang
- 5) Right over left - hang / Left over right - hang - back to center
- 6) Balance - knee up at right angle with knee above ankle (5 sec, open to side, 5 sec, center 5 sec, then pull up 5 sec. rest - other side. X2 each side
- 7) Left arm straight up, hold right foot behind, knee down hold 5 sec, switch each side x2
- 8) IT band balance stretch standing, can go to chair position x2 each side
- 9) Chair position reaching arms forward and bottom to back wall, feet together or hips width
- 10) Chair position with wide leg stance - arms forward, bottom to back wall - feet can be straight or toes pointed out.
- 11) Surfer dude to right, left, lower right, lower left, lower right point & flex left, lower left point & flex
- 12) Back to wide leg chair stretch, the FROG, Crow if can
- 13) Lunge stretch circuit right leg starting with hip flexor x2, then lung hold with knee over ankle hold with hands on hips 5 sec, hands in air 5 sec, hands on hips twist 5 sec, front 5 sec, down back to stretch hamstring and reach 5 sec - Repeat other side
- 14) Sit on floor, ankle circles both ways, point and flex
- 15) Lay on back, foot dorsi flexed bring knee to waist x2 each side
- 16) IT Band Stretch on floor x2 each side
- 17) On belly, turn head to side each side,
- 18) Bring right knee right angle to side, switch to left, 10-20 seconds each side
- 19) Up on forearms 20 seconds, up to straight arms tops of feet to floor 20 seconds
- 20) On belly, hold right foot bending at knee, repeat, x2 each side
- 21) Bridge x2 20 seconds each, third one bridge or wheel 20 seconds. (high jumpers can have toes outward.
- 22) Hug knees, roll to belly, come to position to stretch calves and hamstrings
- 23) Sit on shins with feet underneath - easier without shoes
- 24) Feet flat on floor squat hugging knees

Hips & Legs

Each walking 10 - 15 meters (Dorsi flex foot!)

Add medicine ball or hand weight overhead for posture

1. Open hip walk - close the gate
2. Backward hip walk - set over bucket

3. Side hurdle walk: Over, over, down, under, under. Halfway then other side
4. Forward lunge x5 hands side, up, twist, up, side. Each side
5. From lunge position up with knee up and toe dorsi flexed x5 each side
6. In lunge position weight or medicine ball overhead - lower controlled to side, raise up quickly while engaging core, lower to other side repeat 5x each then switch legs
7. Lunge walk DOWN, hold 2 sec, quick UP, hold 2sec, Repeat (5-10 each leg)
8. Single Leg Squats (mini 2-3 inches slow) 5 each leg - Repeat x3
9. Touch the egg balance rotation, same leg same hand 5 times - Repeat x2

On All 4's - Can be done with core work

1. Right leg hydrant X5
2. Donkey kick ups X5
3. Leg extended then bring knee to elbow X5
4. Circle forward X5
5. Circle backward X5
6. Stretch between sets (child's pose) arms forward on floor, knees apart, toes together

Repeat with Left Leg

Can do 2 cycles

Core

1. Legs UP, lower right to 1 inch off floor, back UP, then lower left to one inch off floor (holding 3-5 seconds each part, 5-10 x each leg)
2. Bicycle SLOW 5-10 x each leg
3. Legs up and mini crunch 10-20 x center, right, left, center

4. Penguins
5. Suitcases both ways
6. Bridge 20 seconds X 3, Then wheel if can 10 seconds
7. High Plank 20 seconds, to Low Plank 5 seconds - Repeat 5Xs
8. High Plank passing a small weight back and forth x 10
9. Laying on back leg raises forward and back deliberate circles

Arms

1. Bench Press Bar (15#, 30#, 45#). Start low should be able to do 3x10 comfortably till move up in weight.
2. Lawn Mower with free weights (5-10#) Start low should be able to do 3x10 comfortably till move up in weight.
3. Curl with light free weight or curling bar - again start very low 3x10