

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!)

- 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) Lunge walk DOWN, hold 2 sec, quick UP, hold 2sec, Repeat (5-10 each leg)
- 5) Single Leg Squats (mini 2-3 inches slow) 5 each leg - Repeat x3
- 6) 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

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) Bridge 20 seconds X 3, Then wheel if can 10 seconds
- 6) High Plank 20 seconds, to Low Plank 5 seconds - Repeat 5Xs
- 7) Other Core of Choice

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