

Dynamic Warm Up and Movement Prep



The dynamic warm up consists of a series of rhythmic exercise drills that gradually and progressively increase in speed, range of motion, or both. This is an effective method of preparing your nervous system and muscles for training. **Perform one set of each exercise for about 15 seconds.**

1.



High Knee Walking

Alternate lifting each knee with every step you take, as if marching.

2.



High Knees With a Skip-

Similar to high knee walking except that every time you lift your knee you will push off your opposite leg.

3.



Walking Butt Kicks

Kick your heel back toward your butt with each step.

4.



Fast Butt Kicks

Quickly kicking each heel back toward your butt in rapid succession, as if jogging.

5.



Lateral Lunges

Take several wide steps sideways in each direction, making sure your knees track in line with your feet.

6.



Grapevines

While moving sideways quickly, alternate crossing each foot in front and then behind the other. Repeat in both directions.

7.



Walking Lunges

Take long step forward, lower into lunge position until knees bent to 90 degrees. Push off the front leg, lunge forward and repeat with other leg. Alternate.

8.



Straight Leg Swings

Maintain upright posture, swing one leg forward and reach across body towards it with your opposite arm. Alternate with each swing.

9.



Stork Walk

Perform a single leg deadlift with your knee only slightly flexed, and extend opposite leg behind you in line with your body.

10.



Arm circles

Gradually increase your range of motion and speed of arm movement. Repeat in both directions.

Core Activation



These Static Core Exercises are directed at engaging the muscles around your midsection and spine before you work out which will improve your posture and protect your back during exercise. Perform only **one set of each exercise and hold the position for about 15 seconds.**

1.



Prone Back Extension

Arms along sides of body, with slight extension of mid back. Keep your neck straight, retract and depress your shoulder blades.

2.



The Plank

Support your body from your forearms and feet, keep back straight and contract your abs.

3.



Side Plank

Keep body straight, supported on side from feet and 1 arm bent at 90 degrees at elbow. Progress to lifting your top leg.

4.



The Bridge

Elevate hips, with knees bent at 90'. Progress to extending one leg.

5.



Flying Dog

On your hands and knees, extend one arm and the opposite leg and hold this position until you can control your balance, then repeat on the opposite side.

6.



Torso Rotation

Sit tall on a ball or chair, with or without holding resistance band, rotate slightly in one direction and hold, focusing on contracting your core. Repeat both sides.

Post Workout Flexibility Exercises



After each workout you can perform this series of flexibility exercises. Each position should be held for about 10 seconds.

1.



Lateral Flexion

Side bend ear towards shoulder and hold. Repeat both sides.

2.



Rotation

Look over one shoulder as far as comfortable & hold. Repeat other side.

3.



Active Hamstring Stretch

Lift leg up and hold straight in front of you

4.



Active Thigh Stretch

Bring heel toward butt, keeping your knee in line and attempt to hold this position actively, without using your hand.

5.



Active Lat Stretch

Hold both arms up overhead and lean slightly to each side.

6.



Chest

Hold arms out to sides and squeeze shoulders back (palms up or down)

7.



Lunge Stretch

Rotate toward front leg in lunge position, and reach lead arms back and overhead.

8.



Cat-Dog

On hands and knees, arch up and look up, then round your back out and look down.