

Warm-Ups

It is imperative that you, as an athlete, engage in a proper and thorough warm up before strenuous physical activity, such as speed/agility and conditioning or strength training. The following protocols should be followed for each session.

- A. Foam Roll:** Foam rolling pre-workout provides your tissues a myofascial release. This means that by applying gentle sustained pressure into the myofascial connective tissue you will help to eliminate pain and restore motion.
- B. Dynamic Warm-up:** This will consist of dynamic movements to help you stimulate blood flow to active muscle groups, increase core temperature increase joint viscosity, enhance neurological and biomechanical efficiency, and stimulate sport specific movements.

Foam Rolling:

Illiotalibial Band (IT Band – outside of leg, knee to hip)

Adductors (inside of leg, knee to groin)

Quads

Hamstrings

Calves

Back

Lats

Glutes

Dynamic Warm Up for SAQC and Conditioning Sessions (Perform each exercise for 20 yards):

Forward skips with lateral arm swings

Skip forward while swinging your arms back and forth

Backward skips with forward arm circles

Skip backward while doing forward arm circles

Forward A-skips

Skip forward focusing on keeping the toes up while staying on the ball of the foot

High knees/butt kickers

Jog forward while kicking your butt with high knees

Side shuffle with arm swings (R)

Stay low and slide without heels touching

Side shuffle with arm swings (L)

Stay low and slide without heels touching

Walking knee hugs

Maintain an erect posture, pull your knee with both hands into the chest and release

Toy soldiers/high steps

Kick your foot to your opposite hand. Snap the foot back to the ground.

Heel up and grab (quad stretch)

Catch your ankle with the opposite hand behind your butt and pull.

Walking lunge with hip flexor stretch

Lunge forward and press the kneeling hip forward and down

Walking RDL stretch (hamstrings)

Kick one leg behind you while you reach for your grounded foot

Lunge + elbow to instep

Lunge forward and put the right hand on the ground next to the left foot and drive the left elbow to the instep

Inch Worm w/Thoracic Extension to Pike (Downward Dog)

With straight legs reach to the ground and walk your hands out to a push-up position, press hips to the ground and raise chest, move to downward dog position, raise one leg and drive foot to same side hand, bring other foot in and recover

Dynamic Warm-up/Pre-hab for Lifting Sessions:

Jumping Jacks x10

Seal Jacks x10

Drop Squat/Snap Down x8

Good Morning x8

Lunge x8 each

3 Push-ups followed by arm circles while in the front leaning rest position - each arm forward and backward circles 3x

Shoulder to floor touches x8 each

Fire Hydrant x8 (each leg)

Glute Bridges x8

Additional Warm-up Exercises

Band Pull-aparts x15

Band Rows x15

Band High Pull with Overhead Rotation x15

Pronated letters x15 (using 3-5lb DB's make a letter "Y" with your arms for 15 reps then make a letter "W" with your arms)

Mini-Band Protocol (lateral walks, forward and backward walks, knees out) 1x20 each

PVC Overhead Squats x10

Push-up Plank with Shoulder Tap to Fly 5x each

Squat with Thoracic Rotation 5xe

Reverse lunge with hip flexor stretch 1x5e

Single Leg Glute Bridge 1x8 each