

Warm Up Menu – it is important to warm up. Invest 3-5 minutes in order to elevate heart rate, raise muscle and core temperature, improve mobility, and activate the nervous system.

- **Jumping Jack Series**
 - Jumping Jacks
 - Split Jacks
 - Highland Fling
 - Long Strider
- **Body weight squats and chops**
- **Jump Rope**
- **Skips – in-place, forward, backward, lateral**
- **Jog**
- **Arm Circles - giant, medium, micro, forward and backward**
- **Trunk Circles**
- **Bear Crawl – lateral both directions, forward, backward**
- **Crab Walk – lateral both directions, forward, backward**
- **Mountain Climbers, Groiner’s, Thrusts, Thrust Frog**
- **Inchworms**
- **Foam Rolling**

Linear Active Warm Up – 20-30 yards

1. Jog
2. Skip
3. Build Up Run (50 to 75 percent effort)
4. Lateral Gallop
5. Backward Jog
6. Backward Skip
7. Walking Knee Hugs
8. Inverted Toe Touch
9. Walking Quad Stretch
10. Straight Leg March

The information below serves as an excellent warm up as well as a great dynamic workout.

Exercise	Sets	Reps	Distance
Thermogenic Movement			
Jumping Jacks	2	15	
Split Jacks	2	15	
Highland Flings	2	15	
Long Striders	2	15	
General Mobility			
Neck Clocks	1	3	

Long Arm Swings		1	10
Trunk Circles		1	5 ea

Transit Mobility

Gallop (Rt and Lt)	<V>	2	25 yd
Hand Walk		1	15 yd
Inverted Toe Touch		1	15 yd
Lateral Shuffle	<MD>	2	20 yd
Lateral Skip	<MD>	2	20 yd
Piriformis Stretch		1	15 yd
Side Slide Low with Arm Swing	<MD>	2	20 yd
Skip Backward	<A>	2	25 yd
Skip Forward	<A>	2	25 yd
Straight Leg March	<V>	1	15 yd
Walking Quad Stretch		1	15 yd

Dynamic Mobility

Mountain Climbers		1	10 ea
Groiners		1	10 ea
Thrust Alternate		1	10
Quadruped Hip Abduction		1	10 ea
Quadruped Hip Circle Forward		1	5 ea
Quadruped Hip Circle Backward		1	5 ea
Prone Scorpion		1	10 ea
Supine Straight Leg High Kick		1	10 ea

<V> - used in Max Velocity

<A> - used in Acceleration

<MD> - used in Multi-direction

Exercise Descriptions

- **Jumping Jacks** – bouncing on the balls of the feet, abduct both arms and legs on one bounce and adduct them on the next bounce; this is a continuous pattern until the specified amount is completed
- **Split Jacks** – bouncing on the balls of the feet, alternate flexing and extending at the hips so that the legs are moving in the sagittal plane and the arms are abducting and adduction in the frontal plane; this is a continuous pattern until the specified amount is completed
- **Highland Flings** – keeping the arms at shoulder height and straight, cross the arms and legs on one bounce and then abduct all limbs out so that the body is like a giant star; make sure to alternate the top arm and front leg on each crossing; this is a continuous pattern until the specified amount is completed

- **Long Striders** – start with the right leg forward and the left arm up by the ear; alternate the arms and legs in the sagittal plane making sure to keep them working in opposites; make sure to bounce on the balls of the feet; this is a continuous pattern until the specified amount is completed
- **Neck Clocks** – standing tall with hands on hips, drop the chin to the chest and then bring the head back to neutral, drop the right ear to the right shoulder and then bring it back to neutral, drop the head back and then bring it back to neutral, and then drop the left ear to the left shoulder and then bring it back to neutral; all four directions is considered one neck clock
- **Long Arm Swings** – in the sagittal plane, swing the arms in opposites while keeping them straight; the body should not move and the shoulders should be relaxed
- **Trunk Circles** – start with feet hip width apart and knees slightly bent and hands on hips; with a FLAT back, bend at the hips forward and then in a controlled manner, rotate all the way around in a big circle; the entire trunk area should feel this stretch
- **Gallop** – with legs straight, chest up tall, and feet dorsiflexed, lift the lead leg and drive it into the ground hitting the ball of the foot and pulling the body over it; the trail leg should not come past the lead leg; try not to bounce up and down but move smoothly forward
- **Hand Walk** – start in a push up position; without bending the knees, walk the feet towards that hands as far as possible; then walk the hands forward, the feet stay planted, until in a push up position again
- **Inverted Toe Touch** – take a step with one foot and then rotate at the hip to bring the upper body down and the trail leg up until parallel with the floor; stand up tall and bring the trail leg forward to take a step; back should be kept flat and the knees slightly bent; reach for toe with opposite hand
- **Lateral Shuffle** – start in an athletic stance with feet hip width apart and knees behind toes, back flat; keeping the toes straight ahead, push with the trail leg using the inside edge of the foot and then pulling with the inside edge of the lead leg; movement is sideways; body should stay in the same plane throughout the distance
- **Lateral Skip** – start off skipping in place and then when the trail leg hits the floor, dig in the inside edge of the foot on the first bounce while driving the lead knee up so that the foot comes to knee level; land on the trail leg followed closely by the lead leg and then drive the trail leg knee up and then dig it into the floor again; when the trail leg hits the first bounce, the body should be propelled sideways; keep shoulders, hips, and feet pointing straight
- **Piriformis Stretch** – step with one leg and bring the other knee up to a 90 degree angle with the foot dorsiflexed; with the opposite hand, grab the knee of the lifted leg and pull across hips; hip should not turn; take a step with the foot that was up and repeat with the other side
- **Side Slide Low with Arm Swing** – start in a good athletic position; lower the hips until the thighs are close to parallel with the floor while keeping knees behind the toes; push with the inside edge of the trail leg to initiate movement in a lateral direction; arms should take 2-3 steps to move up and 2-3 steps to move down in the frontal plane; should be a quick feet movement
- **Skip Backward** – start skipping in place and then dig the balls of the feet into the ground on the initial hit and rock back to the heels as you step back on the bounce; if

starting with the right it would go dig right, land right, dig left, land left and so on; the feet should be coming up over the calves with the ankles dorsiflexed and arms should be moving in opposites; try not to make it a bouncy movement but a quick footed powerful one

- **Skip Forward** – start off marching in place bring the knees up so that the feet are coming up to the knee; as the feet come down, drive the ball of the foot into the ground so that the force of it causes a slight bounce; there should be one bounce in between each step; to propel forward, add a positive shin angle
- **Straight Leg March** - stand up tall with the arms held straight out in front of the body at shoulder level; step forward with the right leg and then kick the left leg, keeping it straight, up to the hands and then pull it back under the hips next to the right leg; step onto the left foot and kick the right; continue this pattern until the specified distance is reached
- **Walking Quadriceps Stretch** – while walking forward, pick the trail leg up so that the heel comes up to the gluteus; grab the ankle with the same side hand and pull the leg slightly behind the hip; make sure the leg does not abduct; do not fall into the next step
- **Mountain Climbers** – start in push up position, head neutral, back flat, hands a little wider than shoulders but in line with the chest; alternate driving the knees forward into the chest while keeping the hips low and body as still as possible
- **Groiners** – start in push up position with head neutral, back flat, hands a little wider than shoulders but in line with the chest; bring one foot up to the outside of the same side hand with the knee next to the shoulder; without bouncing vertically, switch legs and bring the other foot outside of the other hand; the back leg should always be straight and the hips low
- **Thrust Alternate** – start in push up position with head neutral, back flat, hands a little wider than shoulders but in line with the chest; bring both knees up to the chest while keep low and then shoot them straight back out into pushup position; next bring the feet to the outsides of the hands and knees to the shoulders then shoot them back out into pushup position; one repetition is the completion of the above pattern
- **Quadruped Hip Abduction** – start off with the hands on knees on the floor with shoulders over hands and hips over knees and ankles dorsiflexed; keeping the core tight and back flat, lift one leg out to the side until parallel to the ground and then bring it back under; make sure the knee and foot move as one and both arms stay straight; try not to rotate the core
- **Quadruped Hip Circle Forward** – start off with the hands on knees on the floor with shoulders over hands and hips over knees and ankles dorsiflexed; keeping the core tight and back flat, extend one leg straight back until parallel to the ground, rotate at the hip to then bring the knee forward towards the shoulder and then bring it back under; make sure the knee and foot move as one and both arms stay straight; try not to rotate the core
- **Quadruped Hip Circle Backward** – start off with the hands on knees on the floor with shoulders over hands and hips over knees and ankles dorsiflexed; keeping the core tight and back flat, perform a hip abduction with one leg and then extend the leg

straight back until parallel to the ground, and then bring it back under; make sure the knee and foot move as one and both arms stay straight; try not to rotate the core

- **Prone Scorpion** – start laying on the stomach with arms out to the side and ankles dorsiflexed; raise one heel into the air and rotate through the core, while keeping the chest on the floor, cross the leg over the body to tap the heel on the floor; the knee may bend once across the body; use core muscles to return to start position; alternate legs
- **Supine Straight Leg High Kick** – start laying on the back with arms out to the side and legs straight with ankles dorsiflexed; bend one leg so that the foot is flat on the floor; raise the other leg up as far as possible while keeping it straight and then slowly lower it towards the floor and lightly allow the heel to touch; keep the hips on the floor