

Broomstick Hurdle Mobility Routine

I would like you to include this in your warmup routines. I encourage you to continue using the variety of warm up that you've been doing, but I want this to be included each day if possible. The idea is that I want you to acquire greater hip mobility and flexibility. For some of you, you have done this type of routine with a flight of 5-8 hurdles. You won't need those.

Equipment needed:

- Broomstick or dowel
- Two kitchen or dining room chairs.

Set Up:

- Place the two chairs next to each other but approximately 3 feet apart.
- Low Broomstick Setting - Place the broomstick or dowel on seats (seats facing each other) of both chairs forming a broomstick bridge.
 - The dowel should be approximately 24-34 inches above the surface.
 - The closer to 34 inches the better.
 - The idea is to have two items of equal height that you can bridge the broomstick across.
- High Broomstick Setting – Turn the chairs facing back-to-back approximately 3 feet apart.
 - Place the broomstick or dowel across the top of the back of both chairs.

Exercises:

- **Forward Step Overs and Back. Low broomstick setting.**
 - With feet even and facing the broomstick, step over with the lead leg, keeping the knee as forward pointing as possible, followed by the trail leg.
 - The trail leg will execute a full range of motion to clear the hurdle.
 - Once both legs have stepped over the broomstick immediately lift the lead leg, adducting (opening) the hip (thigh will be parallel to the surface, the ankle should be directly under the knee in a 90-degree angle) and step back over the broomstick.
 - Once the lead leg is planted on the surface, follow with the trail leg, executing the same 90-degree thigh/lower leg relationship.
 - Try to keep both shoulders facing forward so that hip flexibility and mobility is attained.
 - Continue for the designated repetitions then switch lead and trail legs for the same number of repetitions. This equals a completed set.
- **Lateral Step Overs. Low broomstick setting.**
 - Standing with both feet in an even stance with the body lateral to the broomstick.
 - Lift the near (lead) leg and laterally step over the broomstick.
 - Once the lead leg is planted on the surface, the trail leg will follow.
 - Once both legs have stepped over the broomstick, immediately lift the near leg to laterally step back over the broomstick, followed by the trail leg.

- Execute designated repetitions (over and back equals a repetition)
- **Forward Step Unders. High Broomstick Setting**
 - Forward facing the broomstick, step forward with the lead leg under and to the opposite side while at the same time lowering the hips and torso.
 - Attempt to maintain a neutral spine as you squat down and step under the broomstick while the head, shoulders, and hips follow under.
 - Attempt to arch the chest and torso when coming to the other side, out of the squat position.
 - Stand tall.
 - Once on the other side of the broomstick, turn facing the obstacle and step back under leading with the opposite leg as the lead leg. This will establish equal balance of movement (bilateral symmetry).
 - Over and back equals 1 repetition. Execute designated repetitions.
- **Lateral Step Unders. High Broomstick Setting**
 - Standing with both feet in an even stance with the body lateral to the broomstick.
 - Laterally step under the broomstick with the near leg leading.
 - At the same time, lower the body by squatting, keeping the hips lower than the shoulders and attempting to maintain a neutral spine from head to tail.
 - Shift the body and balance from originating side of the broomstick to the other without moving the trail leg until the body has completed the shift and is ready to stand up.
 - Once on the opposite side of the broomstick, repeat the action with the other leg serving as the lead leg.
 - So don't turn around.
 - **Over and back equals 1 repetition. Complete all designated repetitions.**
- **Inchworm Unders – Low Broomstick Setting**
 - Stand 5 feet away, facing the broomstick.
 - Lower the body into an arms-extended push up position.
 - Lock the knees and squeeze the thighs tight, keeping both legs straight as you begin to inch yourself under the broomstick without making contact.
 - Once the hips have passed to the opposite side, begin to inch the feet towards the hands, keeping the legs locked-out straight until you have "inched the feet as close to the hands as you possibly can, creating a stretch through the hamstring muscles.
 - Once the feet are as close to the hands as possible, walk the hands and torso into the push up position.
 - Once in this position, stand up, turn to face the broomstick and repeat the exercise to the originating side.
 - Over and back equals one repetition. Complete the number of designated repetitions.

The Routine

- Forward Step Overs and Back – 10x each
- Lateral Step Overs – 10x
- Forward Step Unders – 10x each
- Lateral Step Unders – 10x
- Inchworms – 10x