

All static stretching should be done first if needed! Follow with slow movements, then faster movements and end with agility / sports specific exercises.

Elevate your heart rate for 5-10 min before warm-up: Jog (backwards, forwards), bike, speed walk, side shuffle

Avoid sprinting until after fast movements

Do slow and fast pace movements for about 12-15 feet: **Basketball**—End line to the top of the 3 point line; **Women's Lacrosse**—End line to goal circle; **Soccer Field**: End line to top of goal area

To maximize warm-up time, try adding exercises together

Warm-up should total about 15-20 minutes for heart rate elevation, slow and fast movements

Choose exercises that are similar in movement to the activity you will be doing

All lunge activities can be done forward or backward

**Slow Movement**

- Band walk
- Straight leg march
- Lunges
- Leg swings
- Figure 4 sits
- Frankenstein sit
- Marching with running technique

**Fast Movement**

- Skips: A, B, straight leg, skips with arm circles
- Jogging butt kicks / high knees
- Sideway shuffle
- Sideway crossover
- Carioca
- Skater jumps
- Leg swings

**Sports Specific / Agility**

- Agility ladder
- Running technique drills
- Reaction drills
- T-drill, W-drill
- 2 foot zigzag hops
- Hurdle jumps
- Bounding



**Lateral Band Walking:**  
Place a band slightly above your knees.  
Easy hand to start, when you get stronger, start using a harder band.  
Arm movement should be like that of running: Arm moves forward when opposite leg moves forward.

**Forward / Backward Band Walk:**  
Place band above the knees, walk forward keeping the knees slightly bent. Be sure not to lean too far forward from the hips and keep the back straight from head to tailbone.



**Lateral Lunge:**  
Take a step to the side, then lean all your weight over the leading foot. Your butt should go back like you are sitting in a chair.  
Your front knee should be inline with your hip and ankle.  
Keep your back foot flat on the ground and toes facing



**Lunge Instep:** Do a lunge and get your elbow on the same side as your front leg to touch your inside ankle.



**Lunge Diagonal Rotation:** Do a lunge and rotate your body to the side of the front leg. Try to touch your back foot with the hand which is back the furthest.

**Scorpion:** Lying on your stomach, cross one leg over to the other side and try to touch your foot to the floor.



**Lunge Rotate:** Keeping back straight, rotate to the front knee



**Figure 4 Sit:** Balance on 1 leg while doing a squat. Bring your other leg up and place the outside of your ankle on the top of your bottom knee. Push your bent up knee down to increase the stretch.



**Cross Knee Grab:** Balance on 1 leg, bring your other leg up and pull your body with the opposite hand. Same side hand should be reaching in a backward twisting motion to stretch the core rotators.

**Iron Cross:** Lying flat on your back lift one leg up and cross it to the other side trying to touch your hand. Start slow with the one and move up to a faster speed.



**Figure 4 Lunge:** Starting out on all fours, cross your 1 leg under your body, so that you are almost resting on your hip. Extend your opposite leg directly behind you. Lower your upper body over your front leg, placing your forearms on the ground in front of you. Swing your back leg through and walk your hands up to repeat on the other side.



**Knee Grab:**  
Keeping one foot flat on the ground, pull your other knee towards your chest.  
Pull your toes towards your shin on the raised leg.  
Stand up tall, tuck your butt under to prevent your low back from arching.



**Straight Leg March:** Lift straight leg in front of body being sure to not lean body forward or backwards in attempt to touch toes.  
Toes should be pulled up towards shins.  
Keep bottom foot flat, and slight bend in knee.



**Frankenstein Sit:** Stand with the leg to be stretched just in front of the other one. Bend the back knee and lean forwards from the hips and try to touch your front toes. Butt should go back like you are trying to sit in a chair.  
If you can't feel a stretch, lean further forwards or tilt your pelvis forwards.



**Front Back Leg Swings:** Can be done with a partner. Keeping your back foot on the ground and NOT arching your back / moving your upper body, swing your leg from front to back

**Inside, Outside Leg Swings:** Can be done with a partner. Keeping your back foot on the ground and NOT arching your back / moving your upper body, swing your leg from inside to outside



**Marching with Running Technique:** Focus on standing up tall, not arching back.  
Toes are pulled up to shin and knee is as high as you can bring it while keeping the other foot flat.  
Keep arms bent to about 90°. One hand in pocket while the other is at your chin.

**RDL Quad:** Take a step forward and perform a heel grab. Next lean forward from the hips being sure to keep your back straight.  
Try to touch the floor with your hand without curling your back. Bend your knee to help with this.



**Lunge Instep Rotation:** Do a lunge forward, take the hand opposite of your front knee and rotate till that hand touches the front ankle.  
Other arm should be straight and up in the air.

**RDL:** Keeping your back straight and hips level. Bend forward while on 1 leg and touch the ground. If your hamstrings are tight bend your knee instead of rounding your back.



**Crossover Lunge:** Cross your back leg over your lead and lunge as far as you can to the side, landing on your heel. The up knee should maintain your toes facing forward, the down knee should rotate your toes to face your up knee's heel.  
To ease the pressure on your front knee, land with your

**Lunge Diagonal Rotate:** Do a lunge rotating your upper body down and towards your front knee so your elbow touches your knee.  
Other arm should go up, shoulder blades squeezed together



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