

## Warm Up Routine

Exercise	Sets	Reps
Arm Circles - Lateral	1	10
Arm Circles - Circular	1	10
Truck Circles	1	10
Sideways Walk with Squat	1	10
Quad Pull	1	10
Lateral Leg Raise	1	10
Leg Swing Side	1	10
Leg Swing Forward	1	10
Knee Tuck Walking	1	10
Power Kick Stationary	1	10

WARM-UP - 5 Trunk Circle

Stance wider than shoulders. Hands on hips. Circle from the hips and lower back. Start small; progress to large. Knees slightly bent. Back flat. Circle clockwise then counterclockwise.



Do \_\_\_\_ sets \_\_\_\_ reps.  
Do reps both ways for one set.

QUAD PULL - 1 Stationary

Stand erect. Head and chest up, shoulders back. Flex one leg backward and grasp foot with same side hand.



Do \_\_\_\_ sets \_\_\_\_ reps.  
Repeat reps with other leg to perform one set.

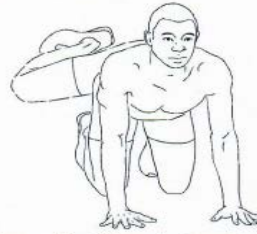
WARM-UP - 6 Arm Circle: Lateral

Athletic stance. Arms out to sides. Small circles forward then backward; progress to larger circles.



Do \_\_\_\_ sets \_\_\_\_ reps.  
Do reps both ways for one set.

WARM-UP - 12 Lateral Leg Raise

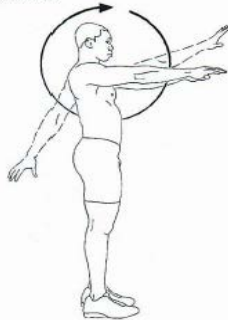


Start in 6-point position. Lift one leg laterally. Thigh parallel to floor, dorsiflex at ankle. Return to midline.

Do \_\_\_\_ sets \_\_\_\_ reps. Repeat reps with other leg to perform one set.

WARM-UP - 7 Arm Circle: Linear

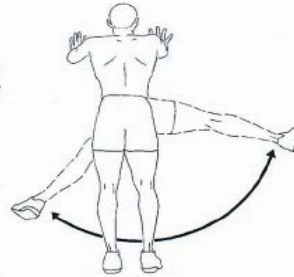
Arms in front. Circle arms together then alternating: forward and backward.



Do \_\_\_\_ sets \_\_\_\_ reps.  
Do reps both ways for one set.

WARM-UP - 16 Leg Swing: Side

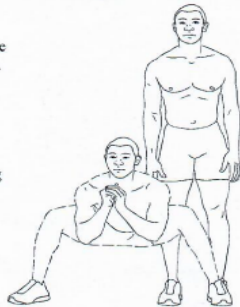
Stand, hands on wall. Fully swing one leg medially to laterally in front of body. Keep ankle dorsiflexed.



Do \_\_\_\_ sets \_\_\_\_ reps.  
Repeat reps with other leg to perform one set.

WARM-UP - 8 Sideways Walk With Squat

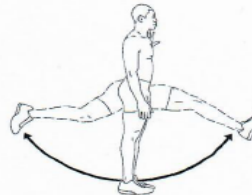
Start in athletic stance. Side step to right and drop hips. Head and chest up, shin vertical. Lunge foot pointing forward. Lift from hips and back foot to standing position. Repeat in walking motion in same direction.



Do \_\_\_\_ sets \_\_\_\_ reps.  
Do reps both ways for one set.

WARM-UP - 17 Leg Swing: Forward

Stand erect arm perpendicular to wall for support. Fully swing one leg forward and backward. Keep leg straight, ankle dorsiflexed.



Do \_\_\_\_ sets \_\_\_\_ reps. Repeat reps with other leg to perform one set.

WARM-UP - 23 Knee Tuck: Walking

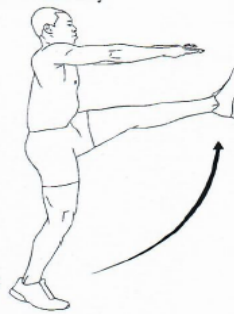
Stand on balls of feet.  
Head and chest up.  
Lift one knee up.  
Clasp leg, pull to chest. Toe up, foot parallel to floor. **Step forward with raised leg and repeat exercise with other leg. Continue in same direction.**



Left then right  
is one rep.  
Do \_\_\_\_ sets  
\_\_\_\_ reps.

WARM-UP - 24 Power Kick: Stationary

Stand on balls of feet,  
arms forward shoulder  
level parallel to floor.  
Keeping legs and back  
straight, kick one leg up  
to hands. Head and chest  
up.



Do \_\_\_\_ sets \_\_\_\_ reps.  
Repeat reps with other leg  
to perform one set.