

# MOVEMENT PREPARATION

## Ankles-Hips-Shoulders

Starting Position: Left knee bent at 90 degrees, with foot flat on the ground. Right knee is on the ground with foot flexed and arms down at your side.

- Lean forward slightly and raise hands to back of head, with palms facing forward.
- Twist to the left, pause, twist back to the front.

Do 5 reps, then switch legs.



## Backwards Hamstring

Starting Position: Standing with feet shoulder width apart, hands at your sides.

- In one movement, bend forward, with both arms forward, and simultaneously bring one leg up, fully extended.
- Balance on one leg, with foot flat on the ground. Hold for 30 seconds and return to starting position.

Repeat on opposite leg. Do 5 reps.



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## Bird Dog

Starting Position: Kneeling with palms and knees on the ground, feet flexed; knees directly below hips.

- Lift and extend left arm and right leg simultaneously. Body and extended arms should be parallel to the ground. Hold for 30 seconds.
- Return to starting position.
- Repeat exercise while switching arms and legs that are extended.

Do 5 reps.



## Butt Kicks

Starting Position: Standing with feet shoulder width apart, hands at your sides.

- Standing straight, lift left foot up and back so that heel touches buttocks.
- Return to starting position and alternate legs. Alternate pumping opposite arms for balance.

Repeat for 15 seconds.



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## Cradles

Starting Position: Standing with feet shoulder width apart.

- Raise right leg in front of left leg and grasp right calf with both hands so that calf is parallel to the ground. Hold and balance for 30 seconds.
- Return to starting position.

Switch legs and repeat 5 times.



## Elbow Push-Ups

Starting Position: Start in plank position, lying horizontal on forearms, fingers and thumbs together with hands just in front of your face. Feet flexed.

- Push up through you forearms, keeping back straight until your body is off the ground. Pause at the top.
- Keeping back straight, return to starting position, just above the ground. Do not rest on ground.

Do 6-8 reps.



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## Frog Squats

Starting Position: Standing with feet more than shoulder width apart.

- Squat as deep as possible with hips back and heels on the ground, hands together at the same level as your knees.
- Return to starting position.

Do 5 reps.



## High Knees

Starting Position: Standing with feet shoulder width apart, hands at your sides.

- Bring the left knee up as high as possible, swinging the right arm up to cheek level.
- Lower leg and repeat with opposite side.

Repeat for 15 seconds.



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## Hip Bridge

Starting Position: Lying on back with arms away from your sides, with feet flexed.

- Raise your hips off the ground, forming an arch, resting your weight on your shoulder blades (not your neck). Use your hands for balance. Hold for 15 seconds and return to starting position.

Do 6 reps.



## Inchworm

Starting Position: Face down with arms fully extended and hands and toes on the ground.

- Slowly walk your legs forward while keeping your hands in place, flat on the ground.
- Go as far as you can with hands on the ground, then return to the starting position.

Do 5 reps.



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## Walking High Knees

Starting Position: Standing with feet shoulder width apart, hands at your sides.

- Sharply raise left leg level with hips, bending at the knee so that thigh and foot are parallel with the ground, simultaneously pumping right arm.
- Keep back straight and lower left leg and right arm while raising opposite arm and leg. Do 10 reps.



## Walking Quad Pulls

Starting Position: Standing with feet should width apart, hands at your sides.

- Sharply raise lower left leg up and back, stretching quadriceps. Flex foot, bring right arm up for balance.
- Keep back straight and lower left leg and right arm while repeating step one with opposite arm and leg.

Do 10 reps.



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## World's Greatest Stretch

Starting Position: Standing with feet shoulder width apart, hands at your sides.

- Step forward with your left foot, into a lunge position. Bringing your left elbow to your left knee, reach across to grab your right bicep.
- Twist your body and rotate up and to the left, reaching up with your left hand.
- Bring your hands back down, returning to the lunge position and then back to the starting position.

Do 5 reps, then switch sides.

