

Performance Warm Up



St. Joseph's
Rehabilitation Services

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

DYNAMIC WARM-UP



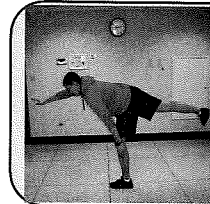
Hip Rotator Walk:
Rotate leg out at the hip, then a stepping motion over an imaginary hurdle



Overhead Squat:
Hands behind head, knees behind toes, chest held upright, may use dowel



Frankenstein:
Lift one leg & opposite arm straight out, as close to 90° as possible



One Leg Leans:
Balance on one leg, and lean forward with arm other leg fully extended. Body parallel with floor

STRENGTH



Plank Rotation:
In a plank position, alternately bring knees up to opposite arm



Steamboats:
With a Theraband tied above ankles, swing one leg in front of body from side to side as fast as possible for 15 seconds then switch legs



Steamboats:
With a Theraband tied above ankles, swing one leg from front to back as fast as possible for 15 seconds then switch



Side Lunge with Band:
With Theraband tied above the knees, lunge to one side while keeping chest up and knees facing forward

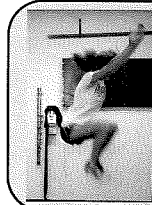


Squat with Band:
With Theraband tied above the knees, squat down to 90° and back up while keeping back flat

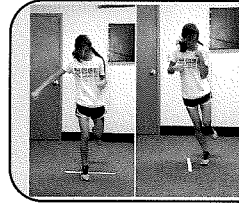
PLYOMETRICS



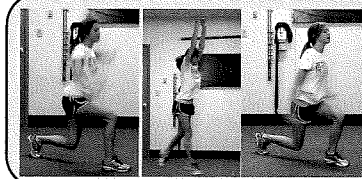
Lateral Barrier Jumps:
For 15 seconds, jump laterally over cones as fast as possible while keeping feet together



Tuck Jumps:
Jump as high as possible, bringing knees to chest at the highest point of jump



Single Leg Line Hops:
As quickly as possible, hop over line and back for 15 seconds.



Scissor Jump:
Start in a lunge position, jump vertically and land in lunge position with opposite leg in front

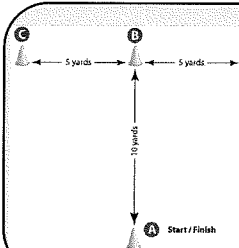


180° Jump:
Jump straight up and make a 180° turn before landing on the ground. On the next consecutive jump, turn 180° in the opposite direction

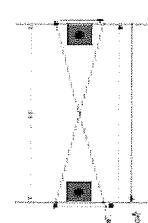
AGILITY



Hexagon Drill:
Starting in the center, jump over each side of the hexagon and return to center each time. Complete 3 rotations, stay facing the same direction



T-Drill:
Sprint from cone A to cone B. Shuttle side-ways to cone C, then to cone D, and back to cone B. Back-pedal to cone A. Touch the base of each cone.



Nebraska Drill:
Start on right side of one cone and sprint around two cones in a Figure-8 pattern. Once back to starting cone, sprint towards other cone and back-pedal to starting cone.

STATIC STRETCHING



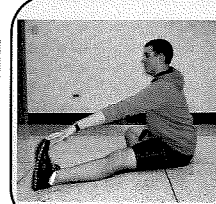
Quadriceps Stretch:
Stretch: Pull at ankle with knee facing down until stretch is felt in quads, hold for 30 seconds



Calf Stretch:
Place toes on wall with foot angled upwards, lean forward until mild stretch is felt in calf, hold for 30 seconds



Calf Stretch:
Bend back knee for further stretch, hold for 30 seconds



Hamstring Stretch:
Keep back straight, reach towards toes. Stop when stretch is felt—do not need to touch toes, hold 30 seconds