

# Warm Up Guidelines



## Lower Body Mobility

- Samson Stretch
- Side LungDeep Lunge
- Elevated Hamstring
- Figure Four Stretch
- Internal/External Hip
- Heel Elevated Squat

- Hip Hinge + Squat
- T-Spine Mobility
- Roll Over V-Sit

## Lower Body Activation Drills

- Side Shuffle
- Karaoke
- Skip (A/B)
- High Knee
- Tempo High Knee

- Butt Kicker
- Little Hops
- Big Hops
- Back Pedal

## Upper Body Mobility

- Hindu Pushup
- Scapular Pullup
- Scapular Pushup
- Wall Winmill

- Shoulder Hyper
- Iron Cross Stretch
- Light Lateral Raise
- Band Pull Apart

## Upper Body Activation Drills

- Plyo Pushup
- Med Ball Slam

- Med Ball Chest Pass
- Light Push Presses
- Light High Pull
- Plyo Pushup