

Dynamic RAMP Warmup

EXERCISE	SETS/REPS	START POSITION	MID POSITION	FINAL POSITION
Jog on the spot	30-45 seconds			
Clock Lunges	2x4 reps each leg	Forwards	Backwards	Lateral
Overhead squat	1x10			
Wall slides	2x30 seconds	Back on wall arms down	Arms up	Arms down
Open and close gate	1x6 each leg	Lifts leg	Open groin and close	Leg down
Arm swings	1x6	Hand together, back foot on toes	Swing forward to left	Swing back to right
Vertical jump	3x high as possible			
Max intent air swing	3 x as fast as possible			

