

Athletic Warm-Up **(Sample Idea)**

A warm-up is an activity or activities, which prepare you both mentally & physically for further more intense activity or training. It should be continuous movement utilizing a variety of movements, which will result in increased heart rate, core temperature, and dynamic range of motion. In a warm-up you basically want to get the entire body warm, loose, and a little sweat on the forehead. You should now be ready mentally & physically to begin an intense training session. The warm-up should increase your productivity in the work out and also reduce your risk of injury.

Movement	Distance/Reps
Forward Run-1/2 speed	15 yards x 2
Backward Run (slight lean forward) 1/2 speed	15 yards x 2
Side shuffle	15 yards x 2
Grapevine (Carioca)	15 yards x 2
Athletic Forward Skip (knee up, heel up, toe up)	15 yards x 2
Athletic Backward Skip	15 yards x 2
Forward Walk Lunge x 6 steps & run	15 yards x 2
Straight Leg kick walk (opposite hand & toe)	10 kick walk x 2
Backward Walk Lunge x 6 & backward run	15 yards x 2
Jog, stop & squat (every few steps)	15 yards x 2
Inchworm forward-walk feet to hands & repeat	X 4
Inchworm backward-walk hands to feet & repeat	X 4
Torso Rolls in place (roll out the hips)	Clockwise, Counter clockwise x 10 each
Alternating Toe Touches in place	X 10 reps
Torso Twists-in place	X 10 reps (5 left, 5 right)
Wood Chops (down the middle, flex, extend your body)	X 10 reps
Ab Crunches (your choice)	:30 seconds
Superman's (low back extension-arms & legs up)	:30 seconds
Any other movements or stretches: your choice	Your choice
Any other sport specific movements to add	Your choice