



ALLIED STRENGTH

STRONGER TOGETHER

Effective Warm Up Strategies to Maximize Performance and Reduce Injuries in Student Athletes (Hand Out)

Group Stretching: 5-Minutes

- Hamstring/Hip Flexor Stretch 25s/side
- Hip Rotator Stretch (pigeon stretch) 25s/side
- Rocking Adductor 25s/side
- “Spider man” stretch 25s/side

Activation: 5-Minutes

- 2-Leg Hip Lift (3x10second holds)
 - Can progress to a single leg version as demoed in the videos when the athlete is strong enough.
- Or Mini Band Walks (10 steps to Left/Right)
- 10 Band Resisted Squats (these can also be done without the band, be sure that knees do not cave in).

Mobility/Active Warm Up: 5-Minutes (Do the following for 8-10 Yards)

- Ankle Mobility x10/side
- Forward Bear Crawl
- Quad Pull Back
- Inchworm
- Leg Cradle
- Reverse Single Leg Deadlift
- High Knee Skip/Run
- Straight Leg Walk/Run
- Carioca

If you have any questions, feel free to e-mail me kevin@alliedstrength.com