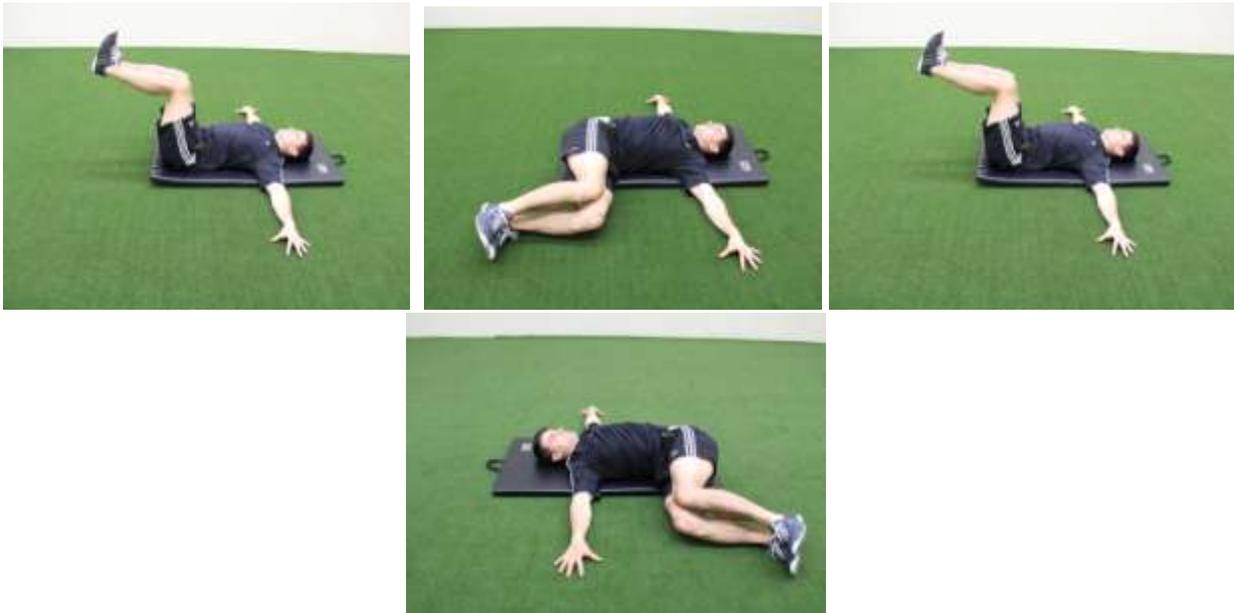


## JOINT & MOVEMENT PREPARATION

A warm-up to any workout is essential. It helps prevent injuries and ensures that your muscles and connective tissues are targeted specifically for how and what you're going to use them for. If you do all of the exercises in this section, as warm-up, it should take you 5-10 minutes approximately. These exercises are dynamic and active. This means that you are not holding a stationary stretch position, but rather moving the body and its joints in preparation for movement.

### **90-90 / Hip Crossover Stretch:**

- Arms form a 'T' as shoulders stay on the mat/ground (when crossing over if your shoulder is about to come off the mat/ground, go no further but come back to the middle...this just shows whether flexibility is there or not...in that case, it'll come with time)
- Knees stay together
- 5 right side, 5 left side
- Great stretch for lower back and glutes.



### Scorpion:

- Lay flat on your stomach; arms form a T with palms facing the ground
- Right knee/leg lifts up and drives over to opposite arm (keeping both shoulders on the ground). If you're shoulder is about to come off the ground, go no further with the movement of the leg, but bring it back to the start position
- 5 per side reps
- Great for quadriceps and hip flexors



### Hand Walk:

- Drop to the ground and walk out with hands to push-up position
- Tip-toe in keeping legs straight (no bending the knees) until you feel hamstrings/calves stretching
- For a greater stretch/increased range of motion, come to the fingers and tip-toe a little more
- Walk back with the hands to touch the toes if you can and repeat 5 times
- “Hand Walk” out and back only as far as you feel the stretch.



### Forward Lunge To In-Step:

- Step out so back leg stays long with minimal or no bend in the knee; in order for the hip flexors to receive the stretch
- Slowly let the body forward and hands to the ground (legs stay between arms)
- “Rock” the body back so the back foot ends flat and front foot on the heel (toes pulled up to shins) while your hands/fingers stay on the ground as in picture #4 below
- Bear the weight in the heel when stepping forward, thus not putting pressure into the toes
- 5 steps forwards for each side while walking/lunging forward



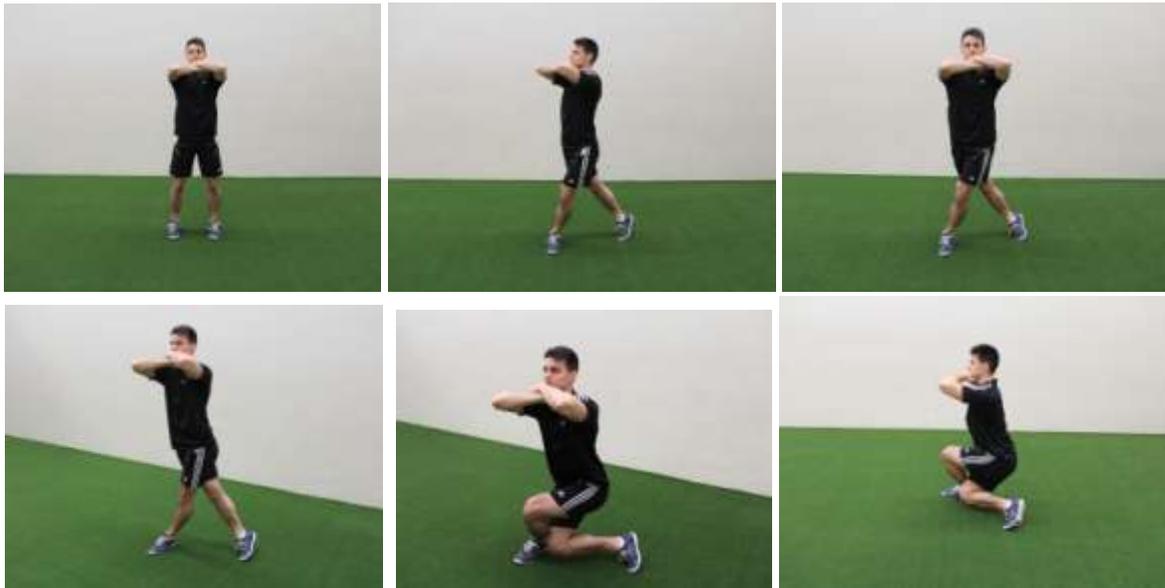
### **Inverted Hamstring Stretch also known as the Airplane:**

- Stand with heels hip with apart and feet parallel to each other
- Arms form a 'T' with palms facing forward and eyes looking level and straight
- You will hinge at the hip and balance on one leg to bring the body as close to table-top level as possible
- Keep the weight in the heels and allow a minor bend at the knee in the balancing leg if needed
- Move the body only as far as you feel the hamstring/calves stretching
- 5 reps per leg



### Drop Lunge ...a.k.a. Disco Move:

- One leg comes behind the other with toe pointing approx. 45 degree angle to the stabilizing foot/leg
- As hips are turned to the side, turn them back square to the center (picture two to three transition below)
- Drop for the lunge with knee finishing beside or close to the ankle (picture five)
- Push through the heel (bearing the majority of the weight in the heel as knee stays just above or behind the toes; NOT coming off the heel and putting pressure onto the toes) and stand back to starting position
- Alternate for 5 reps per side
- This is great for glutes and legs. Also, for coordination and piecing many movements into one exercise.



### Sumo Squat:

- Place heels a little bit outside of shoulder width apart
- Hands on toes & elbows inside knees
- Drop the hips as low as you can (it may not go as low as what you see in picture two below at first), head/chin/chest up
- Straighten the legs out while trying to keep the fingers on the toes (if you can't, it's ok, it'll come)
- 5 down, 5 up
- Great for hamstrings, adductors and groin.



### Crab Walk:

- Staying low; not a full squat position but about a good 45 degree angle as in picture two below
- Place heels hip/shoulder width apart when stepping side-to-side
- Knees stay behind toes as heels bear the weight (push the hips back)
- Toes face forward, essentially always parallel with each other
- 5 steps left, 5 steps right staying low the whole 10 steps
- Great for adductor/inner thigh muscles to be stretched and also for balance, coordination and warming up the glutes and quadriceps muscles.

