

BORGESS

Sports Medicine

Dynamic Warm-up

1. Heel 2 Butt Walk

(10 each leg) or given distance

- Snap heel to buttock
- Take a large step backwards with the leg that is lifted.
- Keep chest up.
- Eyes forward/head in a neutral position.
- Coordinate Arms with Steps.
- Repeat with other leg
- Continue until 10 on each leg have been completed.



2. Step Grab and Reach

(10 each leg) or times max reps in a given distance

- Bring heel to butt, grab ankle with same side arm.
- Slightly pull on ankle, keeping knee close to the standing leg knee.
- Rise up on standing leg toe, raise standing leg arm into the air.
- Pause at full extension.
- Repeat on opposite side.



3. ¼ Walking Lunge with Reach and Rotation

(10 reps each leg) or given distance

- Take a large step forward with 1 leg.
- Keep body weight centered in hips.
- Drop down 2-3 inches allowing back knee to bend and weight being kept on front leg heel.
- At the same time reach up with both arms elevating rib cage and rotate toward the back leg side.
- Bring back foot forward to meet front leg and arms down.
- Repeat with opposite leg forward.



4. High Knees

(25 reps) or given distance

- Drive right knee in air to 90 degrees.
- Keep right ankle loaded.
- Left Arm should be forward with elbow @90 degrees.
- Push forward and switch to left knee up.
- Arms should switch as well.
- Repeat in a continuous fashion



5. Butt Kicks

(25 reps) or given distance

- In a forward motion while jogging.
- Bring back of heel to your buttock without allowing the knee to rise. (Keep it pointed straight down)
- Alternate heels as you move forward



6. Carioca (Grapevine)

(10 reps) or given distance

- Facing sideways in an athletic stance.
- Hips face forward as legs follow a cross in front, side step, cross behind, side step pattern.
- Repeat this pattern as you move



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7. Skip

(10 reps) or given distance

- Facing forward.
- One leg hop into the air with your opposite hand swinging along with it.
- Follow by switching your legs on the go



8. Cross Jacks into ½ Speed Form Run

(10 Cross Jacks into 20 yd form run)

- Similar to a jumping jack but cross one leg in front of the body.
- Repeat outward jumping jack pattern and cross in front of the body with the other leg.
- Alternate front crossing leg as you progress through 6-10 cross jacks.
- Stay tall with the upper body keeping the core engaged throughout the cross jacks
- Follow the cross jacks by a ½ speed form run for 20 yards.

