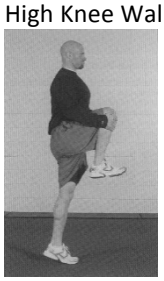
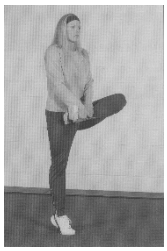
DEPARTMENT OF KINESIOLOGY
PHAC 3040 RESISTANCE TRAINING FOR HEALTH & PERFORMANCE

Movement Prep Drills – Dynamic Warm Up I

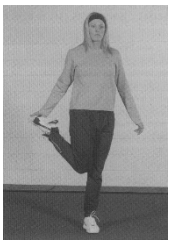
High Knee Walk



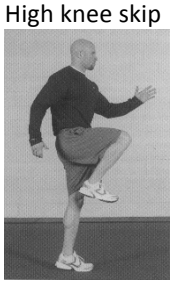
High knee walk w/ External Rotation



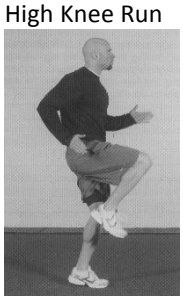
Heel-up w/ Internal Rotation



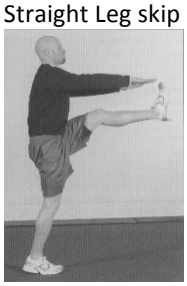
High knee skip



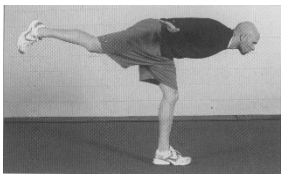
High Knee Run



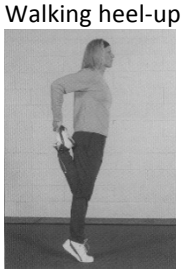
Straight Leg skip



Straight-leg deadlift (SLDL) walk: forwards or backwards



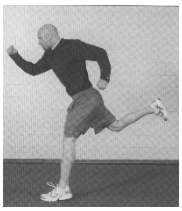
Walking heel-up



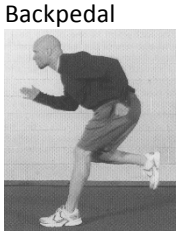
Walking heel-up w/ SLDL

Heel-up

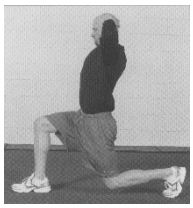
Backward run



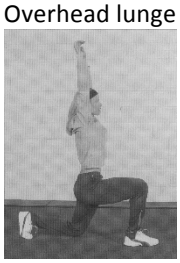
Backpedal



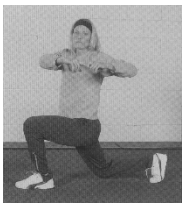
Lunge walk: forward and backwards



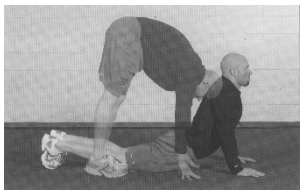
Overhead lunge walk



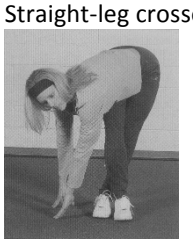
Lunge walk w/ twist: forward or backward



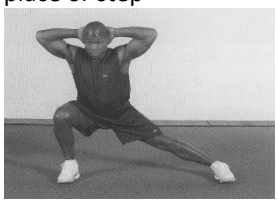
Inchworm: forwards and backwards



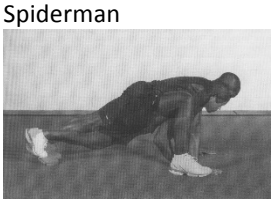
Straight-leg crossover



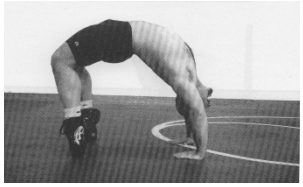
Lateral squat: feet held in place or step



Spiderman

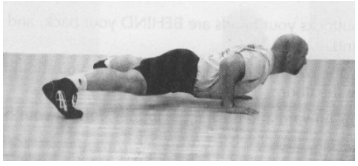


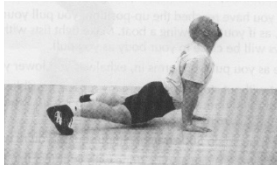
Back Bridge



Calf stretch

Hindu push-up





Movement Prep Drills – Dynamic Warm Up II

Series A

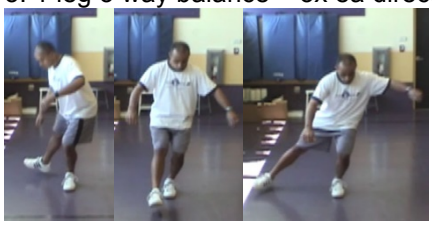
1. Straight Arm OH Side Bend – 10x ea side

2. Big Arm Swings (F/B, S/S) – 10x

3. Torso Twist side-to-side – 8x

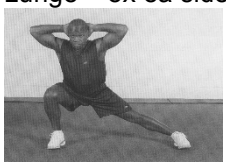
4. Hands on Knees (forward, side, circles) – 5x

5. 1 leg 3 way balance – 3x ea direction



6. Hands overhead squat – 8x

7. Stationary Lateral Lunge – 8x ea side

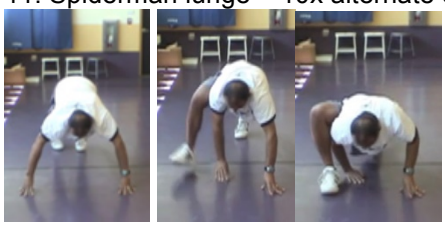


8. Backward lunge w/ torso twist – 8x ea side

9. Posterior / lateral lunge – 8x ea side

10. Side leg deadlift – 5x ea side

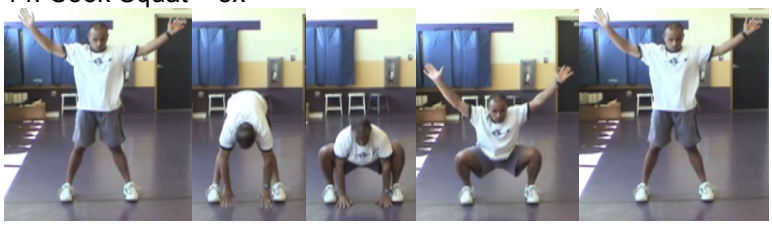
11. Spiderman lunge – 10x alternate ea side



12. Dynamic glute stretch – 10x alternate ea side

13. Sumo squat stretch – push w/ elbows 10x

14. Cook Squat – 8x



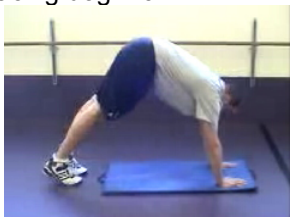
Series B

1. Cat stretch – 8x

2. Hip abd/ext – 8x

3. Single leg whip – 6x

4. Downward facing dog – 6x

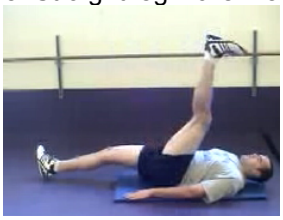


5. Calf stretch – 6x

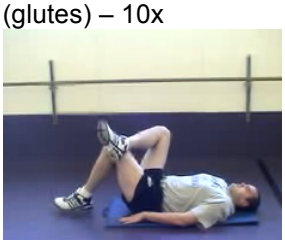
6. Spiderman lunges – 8x

7. Supine knee tucks – 8x

8. Straight leg kicks – 8x



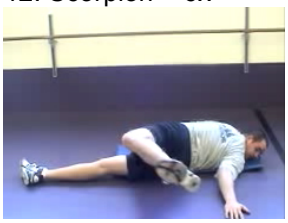
9. Figure 4 tucks (glutes) – 10x



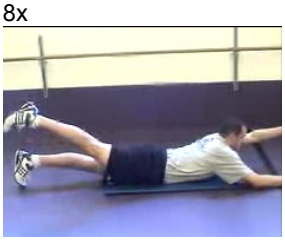
10. Glute bridge (toes up) – 10x

11. Crucifix – 6x ea side

12. Scorpion – 6x



13. Supine alt superman – 8x

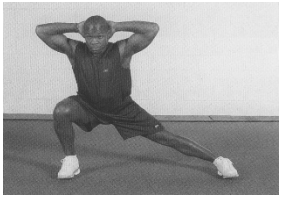


14. Alt bird dog – 8x

Series C

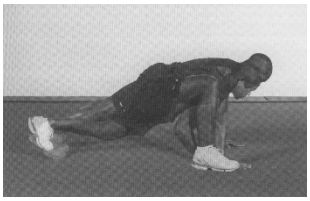
Movements are performed in a continuous circuit fashion. Repeat 8-10 times (4-5 for each side).

Lateral lunge



hold ~3 sec, move into …

Spiderman

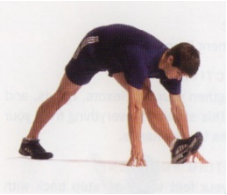


hold ~3 sec, move into …

Glut stretch

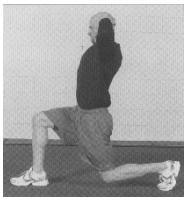
hold ~3 sec, move into …

Ham stretch (toes up)



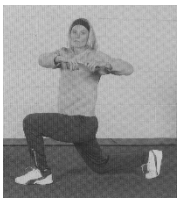
hold ~3 sec, move into …

Forward lunge position



hold ~3 sec, move into …

Forward lunge position w/ rotation



hold ~3 sec, stand up, repeat other side

Movement Prep Drills – Dynamic Warm Up III

Warrior Series 1 – each movement repeated 8x

A. Lunge w/ arms extended overhead

B. Lunge w/ torso side bend

C. Lunge w/ arms extended horizontally

Warrior Series 2 – static hold for a count of 5, each movement repeated 3x

A.

B.

C.

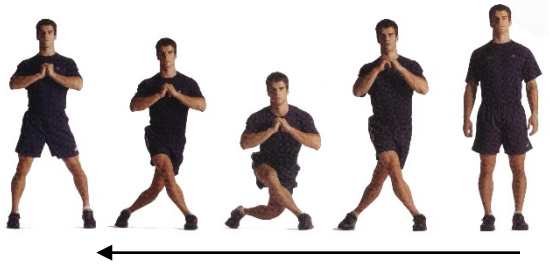
In-line lunge series – each movement repeated 8x

A.

B.

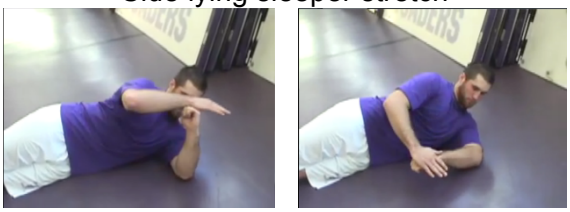
C.

Drop lunge series – each movement repeated 8x

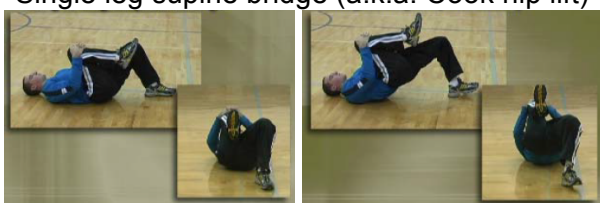


Dynamic Exercises – each movement repeated 8-10x

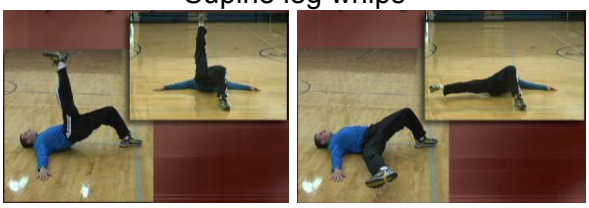
Side lying sleeper stretch



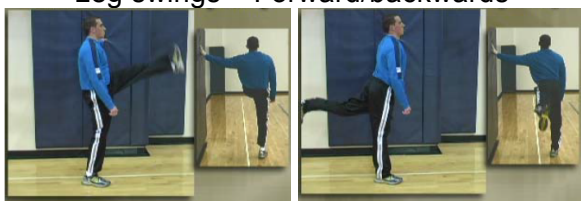
Single leg supine bridge (a.k.a. Cook hip lift)



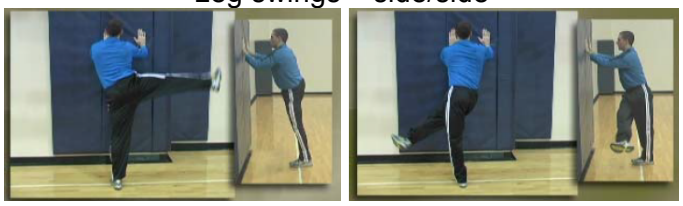
Supine leg whips



Leg swings – Forward/backwards

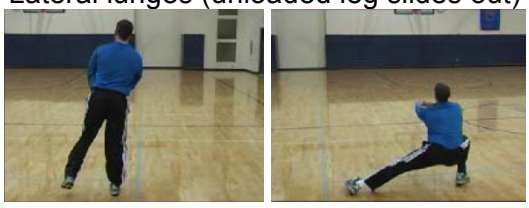


Leg swings – side/side



Windmills

Lateral lunges (unloaded leg slides out)



Crossover overhead reverse lunge