Squat Exercise Warm-up Protocol

(10-12 minutes)

1. Static Stretch
   1. Fingers to Toes (hamstrings & erector spinae)- active 10 seconds
   2. Knee Flexion (quadriceps & Hamstrings)- active 10 seconds each leg.
   3. Toe raises (Gastrocnemius and plantar/ dorsi flexors) - active 10 seconds.
2. Dynamic Warm-up
   1. Marching- 1 x 10- 15 yards
   2. High Knees jog- 1 x 10-15 yards
   3. Internal/ External movement of the hip- 1 x 10- 15 yards
   4. Body weight squats
3. Specific
   1. Perform 1 X 10 reps with only barbell.
      1. Check for mechanics (femur and fibula at 90 degrees.)
      2. Ask subject how they are feeling after warm up and if they need any water. Also time for the subject to recover from the warm up. The recovery time should be no longer than 5 minutes.