



ALLOY STRENGTH

ONLINE TRAINING SYSTEMS

**WARM UP:
MOBILITY AND
ACTIVATION
SERIES**





A good warm up increases core body temperature, increases heart rate, and primes the neuromuscular system for training stress

Perform the following exercises in order for the specified number of repetitions

You may also perform 3-5 minutes of light aerobic activity (Jumping Jacks, Stationary Bike, Jump Rope, etc.) prior to beginning this mobility and activation series





MOBILITY SERIES



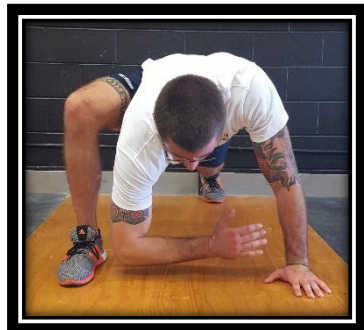
1. Hanging Squat

- Holding onto a bar at chest height, drop into a passive deep squat
- Inhale, brace your core, and pack your shoulders
- Use the arms and legs to pick yourself up into an active squat just below parallel. Hold for 3 seconds
- Exhale and return the starting position
- Perform 12-15 repetitions



2. Downward Dog

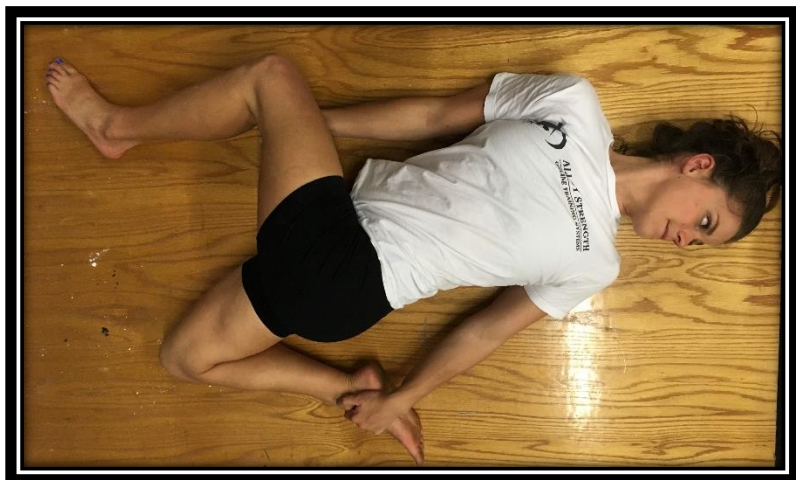
- Try to touch your heels to the ground as you press through the floor with your hands
- Lengthen through the spine and keep your shoulders away from your ears
- Bend/sink into one leg to stretch the opposite hamstring and calf
- Perform 8-10 repetitions per side



3. World's Greatest Stretch

- 🕒 Step into a lunge, maintaining a neutral spine and extended back leg
- 🕒 Bring your elbow to the instep of the front foot
- 🕒 Bring your arm to the sky and rotate your torso. Hold for 3 seconds
- 🕒 Perform 8-10 repetitions per side

4. Bretzel Stretch



- 🕒 Pull your bottom leg into hip extension
- 🕒 Bring your top knee above hip level
- 🕒 Rotate your top shoulder towards the ground keeping the hips stable
- 🕒 Hold for 5 seconds
- 🕒 Perform 6-8 repetitions per side



5. Wall Crawl

- ⌚ Begin in a quadrupedal position
- ⌚ The whole side of your body should touch the wall
- ⌚ Begin with your arm outstretched, palm away from the wall
- ⌚ Slowly slide your arm across the wall
- ⌚ Switch to your palm touching the wall at approx. 45°
- ⌚ Return to the starting position
- ⌚ Perform 8 repetitions per side

ACTIVATION SERIES - STABILITY



1. Cross Crawl

- ⌚ Lie prone with your arms and legs extended
- ⌚ Press your forehead into the ground to activate the anterior wall muscles
- ⌚ Raise the opposite arm and leg and hold for 2 seconds
- ⌚ Be sure to extend through the hips/glutes and not the low back
- ⌚ Perform 15 repetitions per side



2. Bear Crawl Hold with Shoulder Tap

- Begin in a quadruped position
- Pick yourself onto your toes, with your knees just off of the ground
- Maintaining stability, raise one arm to tap the opposite shoulder
- Keep shoulders and hips square, without rocking side to side
- 10 repetitions per side



3. Bottoms Up KB Hold

- Stand upright, maintaining a neutral posture
- Hold the kettlebell with the bottom up
- With the elbow at 90 degrees, squeeze hard for 10 seconds
- Keep the elbow in slightly from the midline of the body
- Perform 3 repetitions per side



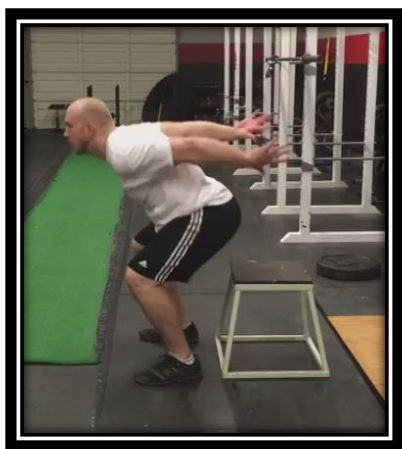


ACTIVATION SERIES – POWER



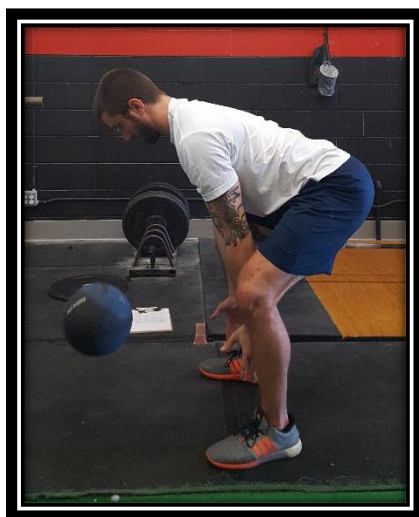
1. Seated Jump

- ⌚ Begin by sitting on a box where the hip is slightly above the knee
- ⌚ Swing your arms to explode and jump from the box
- ⌚ Full extension, then drive your arms back to aid landing
- ⌚ Knees track over toes at landing
- ⌚ Perform 6-8 repetitions



2. Power Step Up

- ⌚ Start with one foot on the box and opposite arm forward
- ⌚ Explode and push off of the box
- ⌚ Drive your arm and opposite knee up
- ⌚ Safely land in starting position
- ⌚ Hips, knees, ankles are stacked at all times
- ⌚ Perform 6-8 repetitions per side



3. Overhead Medicine Ball Slam

- 🌀 Begin on your toes with the medicine ball overhead
- 🌀 Slam the ball between your knees
- 🌀 Explode with your arms and legs
- 🌀 Knees track over pinky toes
- 🌀 Maintain a neutral spine
- 🌀 Don't use a ball that is too bouncy!
- 🌀 Perform 10 repetitions

