

DYNAMIC WARMUP SERIES

1. Single Arm Circles x 5ea

Rotate arm in a large circle slowly. Movement can be both forward and backward. Try to create a larger circle with each rep.

2. Standing Knee Circles x 5ea

Rotate each knee in large circles around the hip. Cross over the stance leg and open the hip. Try to create a larger circle with each rep.

3. Woodchoppers x 10

Feet set wide. Reach all the way overhead then swing down through the legs to dynamically stretch the posterior chain.

4. Big Circles x 5ea

Feet set wide. Rotate the upper body all the way around.

5. Arm Swings x 10

Swing arms back and forth, try to hug yourself when crossing over. Alternate swinging over and under with each rep.

6. Rotation Swings x 5ea

Rotate back and forth swinging back arm to stretch across the torso and chest. Rotate back hip. Keep back arm above shoulder height to stretch the pecs.

7. Good Mornings x 10

Back flat with hands crossed over chest. Knees bent, push hips back.

8. Hip Flexor Steps x 5ea

Pushup position, step outside the hand and drive hips to the ground.

9. Hamstring Raise x 10

Athletic position stance. Grab feet and squat down low. Keep the chest tall in the bottom position with elbows inside the knees. Straighten legs to stretch hamstrings, keep hold of feet

10. Side to Side x 5ea

Feet facing straight ahead, laterally shift weight back and forth. Keep weight through the heels. Hips stay level throughout the movement. No up and down.

11. Single RDL x 5ea

Arms out at the side with thumbs up. Keep leg and spine locked together as you bend over at the hip. Keep pelvis square.

12. Quick Ankle Hops x 20-50 Contacts

Popping off the midfoot with legs straight. Pulls toes up in between contacts. As fast as possible.

Kudos to TCU Strength Coach Zach Dechant for this dynamic warmup.

