

Injury Reduction Strategies (IRS) The Dynamic Warm-Up

This sequence is best done before a training session, incorporate deep breathing throughout all of the movements.



A – Lunge + Twist + Floss

Start in lunge position, right leg forward, foot flat on floor, knee bent 90 degrees.

Left leg extended behind you, left ball of foot on floor; hands on floor inside right leg, back flat (as shown).

Ensure a long line from ankle to shoulder.

With left palm on floor, rotate torso to right, pressing through left palm and lifting right hand to ceiling, palm out, eyes follow (as shown).

Place hands on floor on either side of right leg.

Then shift hips back and straighten right leg, foot flexed, keeping back as flat as possible (as shown).

Repeat 3 times each direction.

Mobility Warm-Up Continued

B – Inchworm Plank

Set up in a push-up plank from your toes with your hands under your shoulders and your body in a nice straight line down to your heels.

Walk your feet in toward your hands, keeping your legs straight as you take very small steps forward.

Your butt should go up in the air as you walk your feet in to pike up.

Walk in as far as your mobility allows.

Once you've reached the end of your range, **walk your hands** forward with small 'steps' until you are back in the starting push-up plank.

Resist dropping your hips toward the ground as you return to the push-up plank.
Repeat 5-6 times.

