



## **Great Lakes Dynamic Warm Up**

*4 part primer to any activity (game, practice, lifting, etc.)*

### **1. Preparation**

Increase core temperature, grease the groove, prepare for competition. Mobility Flow (Dynamic movements and short holds, 5 seconds or so in each position, going joint by joint.)

- Ankle
  - Ankle Rolls
  - Ankle Dorsiflexion
  - Calf Raise
  - Single Leg lateral hop
- Knee
  - Knee Rolls
  - Split Squat
  - Hamstring Floss
- Hip
  - Shin Box W/ Extension+Lunge
  - Pigeon W/ External Rotation
  - Lateral Lunge
- T-Spine/Lumbar
  - T-Spine Rotation
  - Cat-Cows
  - Wrestler bridge
- Shoulder
  - Shoulder Roll
  - Scap Push up
  - T-Spine Windmill

### **2. Metabolic Injury prevention circuit x2**

Shoot for 120-180 seconds of continuous low level aerobic activity. Nasal breathing only (heart rate around 120-130 BPM).

- Jog x10yd
- Backpedal x10yd
- Shuffle x10yd (both ways)
- Skip Forwards x10yd
- Skip backwards x10yd
- Carioca x10yd (both ways)
- Gallop x10yd (both ways)



### 3. Activation

J Bands and Isometric Partner Work.

- J Band Iron Scap Protocol
  - Low
  - Mid
  - Cuban Press
  - Chest Fly
  - Band Palloff Press
  - Band Rotations - Low, Mid, High
- Partner ISO Push
  - Band Palloff w/ Perturbations
  - Partner Lean iso push
  - Counter Movement Jump x3

### 4. Stimulation

Ramp up to perform.

- 10yd Build Ups
  - 70%
  - 80%
  - 90%
  - 100% (races or chases)
- 10yd Lateral Shadow Race x2
- Alternate Ideas:
  - 2X1 Drop Jumps
  - 2X2,2,2,2- Med Ball Slam, Med Ball Side Slam Left, Med Ball Side Slam Right, Med Ball Vertical Toss

### 5. Optional “Vitamins”

If an athlete dictates that something feels off during initial warmup, vitamins are designed to address additional pre-game needs of the athlete.

- Ankle-
  - 3 Rounds
    - Light Bounce on the balls of the feet without having locked joints X10s
    - Medial and Lateral Tilts of the foot/ankle X5 ea.
    - Toe Pulls (Inside, Middle, Outside) X5 ea.
    - Ankle Circles (Clockwise and Counterclockwise) X5 ea.
- Knee -
  - 3 Rounds
    - Light bounce on the balls of the feet without having locked joints X10s



- Knee Circles X5 ea.
- Knee pendulum circles X5 ea.
- Sport Squat ISO X:20
- Hip
  - 3 Rounds
    - Light bounce on the balls of the feet without having locked joints X10s
    - Hip circles with anterior/posterior tilt X5 ea.
    - Lumbar hourglass X5 ea.
    - Pigeon with external rotation X5 ea.
    - Hip CARS X5 ea.
- Lumbar/Thoracic
  - 3 Rounds
    - Cat Cow X10
    - Reverse Roll to Hurdle stretch X5 ea.
    - T-Spine Rotation x5 ea.
    - Lumbar Circles (Front+Back) X5 ea.
    - Thoracic- Anterior/Posterior/Full Circle X5 ea.
    - Neck Rotations and tilts X5 ea.
- Shoulder+Arm
  - 3 Rounds
    - Figure 8's Anterior/Posterior/ Top/Bottom/ Side/Crossbody X5 ea.
    - Y-T-W Raise X5 ea.
    - Forward/Backward Crawl X5 ea.
    - Lateral Crawl X5 ea.