



Racquet Sports Dynamic Warm-Up

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*K's Body Shop Personal Fitness Training recommends that you consult your Physician **BEFORE** beginning this or any new workout program! You should seek qualified professional instruction when learning new strength training exercises to ensure proper technique and avoid injury.*

Warm Up:

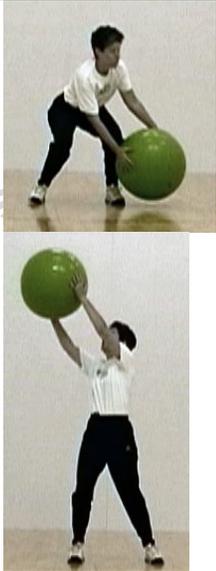
The warm-up should gradually increase heart rate, blood pressure, oxygen consumption, dilation of the blood vessels, elasticity of the active muscles and the heat produced by the active muscle groups. The warm-up should consist of two distinct parts:

- 1) easy aerobic activity for 5-10 minutes such as easy jogging or biking,
- 2) followed by a dynamic warm-up.

Dynamic Warm-Up:

Exercise	Reps	Sets	Tempo	Rest
Ball Chops	10	1	active	minimal
Hip Swings Linear	10	1	active	minimal
Hip Swings Lateral	10	1	active	minimal
Gastroc w/ Rotation	10	1	active	minimal
Lunge to Balance Sagittal	10	1	active	minimal
Lunge to Balance Frontal	10	1	active	minimal
Lunge to Balance Transverse	10	1	Active	minimal
Soleus w/ Rotation	10	1	active	minimal
Standing Adductor	5-10	1	active	minimal
Lunge with Twist	10-15	1	Active	minimal

BALL CHOPS

BALL CHOPS		
Preparation	<p>Stand with feet hip width apart, neutral spine angles, and abdominals engaged.</p> <p>Hold ball (such as stability ball, medicine ball, or volleyball) in both hands.</p>	
Movement	<p>Squat down while bringing ball towards floor on left side of body.</p> <p>Stand erect while bringing ball overhead on right side of body.</p> <p>Repeat for desired number of reps.</p> <p>Repeat on opposite side.</p>	
Variations		
HIP SWINGS - LINEAR		
Preparation	<p>Begin by bracing yourself against a wall or sturdy object with your arm.</p> <p>Retract shoulders to neutral position.</p>	
Movement	<p>Controllably swing leg forward and back stretching the hamstrings and quads.</p>	
Variations		

HIP SWINGS - LATERAL

<p>Preparation</p>	<p>Begin by bracing yourself against a wall or sturdy object with your arms.</p> <p>Retract shoulders to neutral position.</p>	
<p>Movement</p>	<p>Controllably swing leg side to side stretching the hip adductors and abductors.</p>	
<p>Variations</p>		

GASTROC – WITH ROTATION

<p>Preparation</p>	<p>Begin by bracing yourself against a wall or sturdy object with your arms.</p> <p>Retract shoulders to neutral position.</p> <p>Your back leg should be straight at the knee with toes pointing straight ahead. Keep heel flat on floor.</p> <p>Lift front knee so that foot is off floor.</p>	 
<p>Movement</p>	<p>Keep rear foot on the ground, with the opposite hip and knee bent throughout exercise.</p> <p>Slowly move through your hips creating pronation and supination at the ankle. Heel of back foot must remain in contact with floor.</p> <p>Knee of back leg should be kept straight throughout exercise.</p>	 
<p>Variations</p>		

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LUNGE TO BALANCE – SAGITTAL PLANE

Preparation

Begin standing with good posture, abdominals engaged, and feet shoulder width apart.

Movement

Lunge to front landing on entire foot, making sure knee tracks directly over toes.

Push back to balance position with balance leg straight and lunge leg flexed 90 degrees at the hip. Hold for a few seconds.

Repeat for desired number of reps on both legs.



Variations

Progression: hold weight in hands, perform on half foam roll or other unstable surface.

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LUNGE TO BALANCE – FRONTAL PLANE

Preparation

Begin standing with good posture, abdominals engaged, and feet shoulder width apart.

Movement

Lunge to the side landing on the entire foot, coming to a stabilized position, with lunging foot pointing out at a slight angle and the knee directly over 2nd & 3rd toe. Standing leg should remain straight.

From this position drive off of foot onto balance leg.

Stand directly up into a balance position with balance/standing leg straight and lunging leg flexed 90° at the hip and knee with toes up.



Variations

Progression: Hold weight in hands, or perform on Airex Pad or other unstable surface.

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LUNGE TO BALANCE – TRANSVERSE PLANE

<p>Preparation</p>	<p>Begin standing with good posture, abdominals engaged, and feet shoulder width apart.</p>	
<p>Movement</p>	<p>Pivot and lunge to side landing on entire foot, making sure knee tracks directly over toes. Your torso should be facing in direction of pivot.</p> <p>Push back to front facing balance position with balance leg straight and lunge leg flexed 90 degrees at the hip. Hold for a few seconds.</p> <p>Repeat for desired number of reps on both legs.</p>	
<p>Variations</p>	<p>Progression: Hold weight in hands or perform on Airex Pad or other unstable surface.</p>	

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SOLEUS – WITH ROTATION

<p>Preparation</p>	<p>Begin by bracing yourself against a wall or sturdy object with your arms.</p> <p>Retract shoulders to neutral position.</p> <p>Your back leg should be bent at the knee with toes pointing straight ahead.</p> <p>Lift front knee so that foot is off floor.</p>	
<p>Movement</p>	<p>Keep rear foot on the ground, with the opposite hip and knee bent throughout exercise.</p> <p>Slowly move through your hips creating pronation and supination at the ankle. Heel of back foot must remain in contact with floor.</p> <p>Knee of back leg should be kept bent throughout exercise.</p>	
<p>Variations</p>		

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HIP ADDUCTOR - STANDING

Preparation

With legs spread, shift weight to one side so that one knee is straight and the other is bent (as shown).

Keep toes pointed straight ahead.

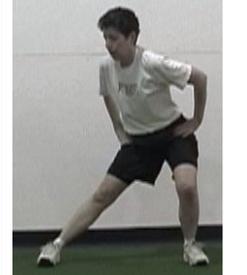


Movement

Keeping knee straight, rotate body to left and right to vary the stretch.

Switch sides and repeat.

Can be done as a static stretch or an active stretch.



Variations

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LUNGE WITH TWIST

<p>Preparation</p>	<p>Stand erect with good posture holding a medicine ball at chest height directly in front of you as shown.</p> <p>Maintain neutral spinal angles and upright torso throughout exercise.</p>	
<p>Movement</p>	<p>Take a lunging step forward with right foot while simultaneously twisting torso to left side.</p> <p>Keep ball directly in front of chest.</p> <p>Step forward with left foot while twisting torso to right side.</p> <p>Repeat for desired number of reps.</p>	
<p>Variations</p>	<p>Twist torso to right side while stepping with right foot.</p>	

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