

Ultimate Warm Up/Down

Warm Up

Jog forwards
Jog backwards
High knees
Bum kicks
Sidesteps
Sidesteps getting low
Crossovers
Cherry pickers
Bounds
Skater hops

Open/close gate
Gather geese
Lunges
Sumos (stretch arms between reps)

Anything else (groin, back)

Warm Down

Legs:

- Inside left quad - feet forward, right knee bent, left leg straight, lean weight onto right knee.
- Front left quad - swivel feet to right, face right, lunge forward onto right knee, bend left leg.
- Left hip flexor - drop left knee to ground, thrust hips forward keeping knee still.
- Right calf - extend right leg straight with heel down, touch right toes with right hand.
 - Roll toes inward, straight up, outward to stretch inside/outside of calf.
- Right glute - bend right leg across in front of left knee as close to 90 degrees as you can, straighten left leg and sink down, getting bum as low and leaning upper body forward over your right knee.

Both hip flexors - Sit with soles of feet flat against each other and bring as close to body as possible (meditation position). Push knees down toward the ground (or get someone else to do it for you carefully).

Repeat everything but leaning/facing left instead of right to do other leg.

Arms (do with both):

- Bicep/shoulder - one arm straight across chest, use other forearm to push towards body just above elbow.
- Tricep/shoulder - bring one arm over behind head, reach down back and push elbow backward/down with other hand.
- Forearm/wrist - hold out arm in front at shoulder height and bend wrist back as far as possible. Rotate forearm 90 degrees clockwise to point fingers right. Bring opposite arm across and pull fingers back towards body.
- Shoulders - hold out arms horizontal at shoulder height (make T shape). Rotate arms in gradually increasing circles. Start swinging backwards from ping-pong ball size to beach ball then forwards getting smaller again.