

Dynamic Warm Up

1. Counterbalance Squats – 20
2. Low Twists – 5 each way (10 total)
3. Single Leg Hamstring Raises - 10 each leg
4. Inside Leg Raise – 10 each leg
5. Side Leg Raise, toe down – 10 each leg
6. Hip Bridges – 5
7. Single Leg Hip Bridges – 3 each leg
8. Hamstring Rollbacks – 5 each leg (10 total)
9. Supermans – 10 at the T, 10 at the Y
10. Twisting Push Ups – 5 each way (10 total)

Plate Warm Up

10 each way w/ 2.5 lb or 1.25 kg plates

1. Side Raises
2. Front Raises
3. B/O Raises
4. Curl to Press
5. Triceps Ext.
6. Overhead Squat

MB Warm Up

10 Chest Passes
10 Overhead Passes
10 Side Throws each side (facing the wall)

Additional Activation and Warm Up

X-Walks
External Rotation – 15 each way (w/ cable or band)
Pull-Rotate-Press – 10 each way (w/ cable or band)