

DYNAMIC FUNCTIONAL WARM UP



HOUSTON
Methodist
ORTHOPEDICS &
SPORTS MEDICINE

OFFICIAL HEALTH CARE PROVIDER

A proper warm up can improve an athlete's level of performance and can accelerate the body's recovery process. This Dynamic Functional Warm Up is a simple series of exercises that prepares the entire body for upcoming physical activity. Incorporating this quick 10 minute warm up into your training session can help decrease the chance of injury and should be an essential component of every workout or competition.

BEGIN WITH A 50 YD WARM UP JOG

- 1 HIGH KNEES 2 REPS X 20 YDS**
Lift knees high
Run tall with good arm swing

- 2 BUTT KICKS 2 REPS X 20 YDS**
Bring heels up to buttocks
Run tall with good arm swing

- 3 CARIOCA 2 REPS X 20 YDS**
Stay sideways
Lift knee high and over the body

- 4 BACK PEDAL 2 REPS X 20 YDS**
Reach back with your strides
Run tall

- 5 "A" SKIP 2 REPS X 20 YDS**
Skip with rapid knee lift
Remain tall with good arm swing

- 6 LATERAL SKIP 10 YDS, ROTATE 180°, 10 YDS**
Stay sideways
Rapid knee lift with jump

- 7 LATERAL STEP 10 YDS, ROTATE 180°, 10 YDS**
Stay low
Take large side steps

- 8 WALKING KNEE HUG 1 REP X 20 YDS**
Hug knee tightly to chest
Walk tall


9 WALKING QUAD STRETCH 1 REP X 20 YDS

Pull ankle to buttocks while stretching opposite arm high
Walk tall



10 LUNGE WITH ROTATION 1 REP X 20 YDS

Large forward step, place hands on ground inside of foot (hold 2 seconds)
Twist trunk in opposite direction and toward forward knee (hold 2 seconds)



11 GROIN STRETCH 1 REP X 20 YDS

Large lateral step with lunge both ways (hold 2 seconds)
Keep chest up



12 HURDLE WALK FORWARD 10 YDS, BACKWARD 10 YDS

Bring leg up to side and over forward
Rotate 180° and bring leg up, forward and then back to side



13 RDL WALK 1 REP X 20 YDS

Place one leg out straight in front and sweep the ground with hands
Keep chest tall and back flat



14 WALKING FIGURE-4 STRETCH 1 REP X 20 YDS

Place one ankle across opposite knee
Perform slight squat while pushing down on crossed knee



15 SOLDIER 1 REP X 20 YDS

Lift leg straight and touch with opposite arm
Walk tall



16 HIGH KNEES RAPIDLY FOR 5 YARDS THEN ACCELERATE 15 YARDS



17 BUTT KICKS RAPIDLY FOR 5 YARDS THEN ACCELERATE 15 YARDS



18 ACCELERATE FROM 3-POINT STANCE 2 REPS X 20 YDS

Begin in 3-point stance
Explode out and accelerate for 20 yards



Video demonstrations of each exercise can be viewed at houstonmethodist.org/warm-up

