

WEIGHTLIFTING WARM-UP

JUMPING JACKS x 25

HIGH KNEE PULLS x 5ea.:

- Feet shoulder width apart.
- Pull one knee up and into the chest.
- Drive up on toe of opposite leg.
- Maintain an erect position (avoid leaning back).



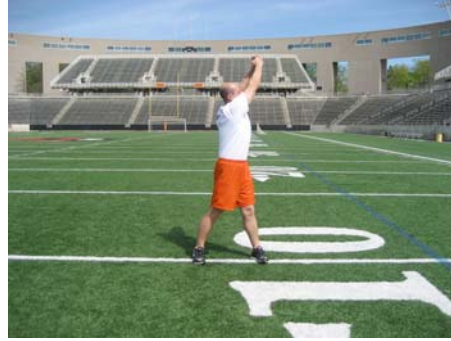
WOODCHOPPERS x 5:

- Start with arms overhead and hands clasped together. Feet just outside shoulder width and turned out slightly.
- Squat down deep keeping your back flat and reaching your hands back through your legs.
- Return to the starting position and reach high.



WOODCHOPPERS W/ TWIST x 5ea.:

- Start with arms overhead and hands clasped together. Feet just outside shoulder width and turned out slightly.
- Squat down deep keeping your back flat while you transfer your weight and reach to the back heel of one foot.
- As you come up rotate your body and reach your arms over the opposite shoulder. Perform 5 reps to one side and then 5 to the other.



GOODMORNINGS x 10:

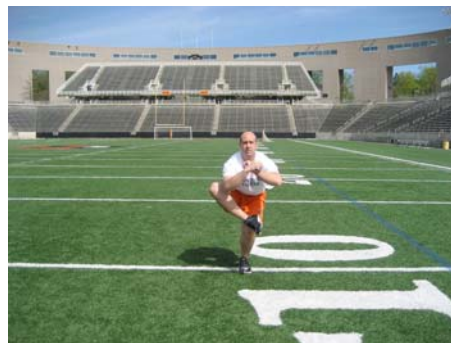
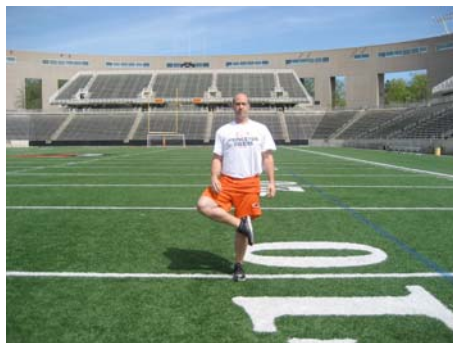
- Same starting position as a squat.
- Slight bend in knees.
- Push back hips until upper torso is parallel to floor.
- Maintain flat back posture.
- Pulling shoulder blades toward each other.
- Holding chest up and out, and tilting head slightly up.

Note: This exercise should be felt in the hamstrings, not the low back.



SINGLE-LEG (TFL) SQUAT x 5ea.:

- Lower body on one leg until top of thigh is parallel to the floor.
- Opposite leg is crossed with foot above knee.
- Maintain an erect position with eyes forward, chest high, and heel flat.



SINGLE-LEG TOE TOUCH x 5ea.:

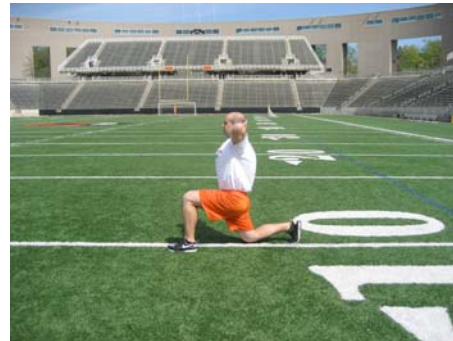
- Balancing on one leg with heel flat.
- Bend at the waist touching opposite hand to foot.
- Back leg is elevated with knee slightly bent.
- Perform all repetitions while maintaining balance on one leg, do not alternate legs.



LUNGES (Front and Side) x 5ea.:

FRONT:

- Position feet shoulder width apart with hands behind head.
- Take one exaggerated step directly forward with one leg (lead leg).
- Keep lead knee and foot aligned and toes pointing straight ahead.
- Flex lead knee, while lowering trailing knee just short of touching the floor.
- Keep torso vertical by “sitting back” on trailing leg.
- Keeping lead foot flat on floor, forcefully push off with lead leg.
- Bring lead foot back to position next to trailing foot.



SIDE LUNGE:

- Take an exaggerated step to the side.
- Lead knee is flexed and top of thigh is parallel with the floor.
- Trailing leg is as straight as possible.
- Toes are pointed forward, and body is in an erect position (chest up, head and eyes forward).



PUSH-UPS W/ ROTATION x 5ea.:

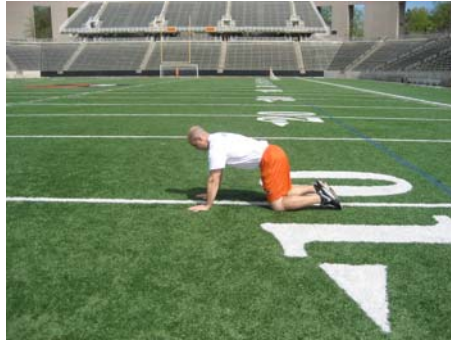
- Hand and feet shoulder width apart.
- Perform a push-up touching chest to floor.
- Upon reaching the top of the push-up, remove one hand and rotate the body 45 degrees.
- Perform one arm circle forward and then one arm circle backwards before returning to the top position of the push-up.
- Perform another push-up, rotate to the other side, and repeat arm circles.



PRAYER STRETCH (F/L/R) X 5ea.:

FRONT:

- Start on all fours with your hands under your shoulder and hips over your knees.
- Slowly sit your hips back toward your heels keeping your back flat and palms on the ground.
- Hold the stretch and slowly return to starting position.
- As your flexibility increases start with your hands ahead of your shoulder for a better stretch.



LEFT/RIGHT:

- Start on all fours with one hand directly under that shoulder and the opposite hand lying on top of the down hand.
- Slowly sit your hips back toward your heels keeping your back flat and palms on the ground.
- Hold the stretch and slowly return to starting position.
- As your flexibility increases start with your hands ahead of your shoulder for a better stretch.
- Perform 5 to the with your hands under your left shoulder first and then switch.

SCORPIONS x 5ea.:

- Lying in prone position (on stomach), arms perpendicular to body.
- Cross leg over the posterior portion of the body attempting to touch opposite hand.
- Alternate sides.

