

Dynamic Prep

Squats 15x

Alternate Front Lunge + Side Lunge + Rear Lunge 5x ea

Jumping Jacks x30 or Jump Rope x100

Single RDL reaches 8x each leg

Toy Soldier high kick 6x ea

Open the gate, Close the gate; 4x ea

Arm circles; Forward and Backward 15 each way

Arm Criss cross at chest height 10x

Torso Twist 10x (Washing Machine)

Frog Squat holds; 30sec with feet shoulder width and knees very wide.

Cat Arch 8x

Quad Arm/Leg raise (Bird-dog) 8x ea

Thoracic twists sitting back on heels. 6x ea

Push-ups 15x

High Plank leg marching 10x ea

Spiderman hip stretch with elbow to ground + T rotate (5x each)

Spiderman Hamstring repeats 5x slowly

Pigeon pose hip stretch 10sec ea.

Kneeling Hip flexor w/ Arms overhead reach + Tricep stretch

Rocking Groin stretch on knees 5x 3sec

Single Rocking Groin stretch 5x 3sec

Down Dog/Up Dog 2x 5 sec

Face up Crab Bridge 5x (Drive hips up)

Seated trunk rotation leg crossed 1x10sec ea.

Prone Alphabet arms 6x each (Y W T A + Snow angel arm sweeps)

Down Dog/ Up Dog 2x 5 sec (Stretch calves)

10 yd Dynamic Prep

Toy Soldier high kick, Walking Single RDL toe reach, Walking Lunge w/ torso twist

Open/Close Gate, Walking pretzel pull (pull ankle up in front), Walking high knee grab, Walking Quad Pulls

Slow side lunge, Inchworms, Butt kickers, High knee run, Side Shuffle

A Skip, B Skip, High Skip, Straight leg bounding, Bounding, Carioca high knee crossover,

Side shuffle to Sprint, Backpedal to Sprint, Side egg beater to Sprint, Half kneel to Sprint, Prone lying to Sprint

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