

Warm-up #7

Gross motor movements:

- Jogging with large arm rotations, 1 minute.
- Jogging through figure 8's, 30 seconds.
- High knee jogging, 30 seconds.

Stretching:

- Static stretches

- Ankles.
- Achilles tendons.
- Gastrocnemius.
- Tibialis anterior.
- Soleus.
- Hamstrings.
- Quadriceps.
- Gluteus maximus.
- Abductors.
- Hip flexors.
- Lower back.
- Rectus abdominis.
- Pecs.
- Lats
- Biceps.
- Triceps.
- Deltoids.

- Proprioceptive neuromuscular facilitation

- *Hamstrings.*

- Person 'A' raises leg to maximum height. Person 'B' holds leg, resists pressure applied by person 'A'.

- *Quadriceps.*

- Person 'A' lies prone on floor. Person 'B' straddles person 'A', facing towards the feet. Person 'A' bends nearest knee upwards, person 'B' pushes foot downwards, person 'A' resists.

- *Lats, deltoids, pecs.*

- Person 'A' places arms back, behind shoulders. Person 'B' applies pressure, resisting person 'A'.

- Ballistic stretches

- *Hamstrings.*

- Swing leg backwards & forwards through full range of movement.

- *Lower back, hamstrings.*

- Alternating toe touches, rising after each touch.

All stretches should be held for 20 seconds & repeated twice. Bouncing should be avoided, as it can lead to injury. Stretches should not cause pain. Left & right sides should be stretched evenly.