



# Warm-up

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## **Foam Roll – 5mins**

- [Calves](#)
- [Hamstrings](#)
- [IT Bands](#)
- [Quads](#)
- [Low Back](#)
- [Shins](#)

## **Trigger Release with softball, baseball, or lacrosse ball – 3mins**

- [Hip Flexors \(Iliopsoas & Tensor fascia latae\)](#)

## **Mobility – 4mins**

- [Cat/Camel – 8 reps](#)
- [Lying Clam Shells – 10 reps each side](#)
- [Bentover T-spine Rotation – 7 reps each side](#)
- [Ankle Wall Touches – 7 reps each side](#)

## **Stability – 2mins**

- [Front Plank - 30 seconds \(twice each\)](#)
- [Side Plank - 15 seconds each side \(twice each\)](#)

## **Warm-up – 5mins**

- [Prisoner Lunge Progression – 3 reps each side](#)
- [Walking Quad Progression – 5 reps each](#)
- [High Knees – 10m distance](#)
- [Butt Kicks – 10m distance](#)