Movement Preparation

Specifically designed to lengthen, strengthen, and stabilize your body, "Movement Prep" consists of a series of active and dynamic stretches to help prepare you to move. Execute each movement with control and purpose.

Stage:	A	B	C	D
No. of Circuits:	1	1	1	1
Reps:	4	4	6	6

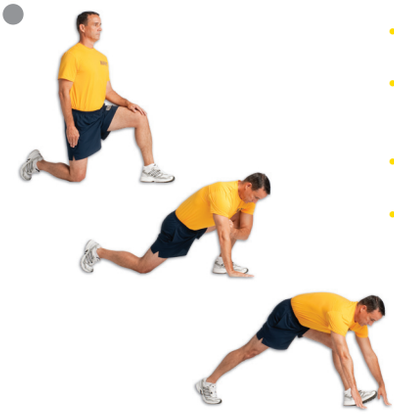
Short Medium Long

1

MINI BAND - EXTERNAL ROTATIONS

- Stand in quarter-squat position with feet hip width & band just above knees.
- Let one knee drop in & return to starting position
- Complete reps, then repeat on opposite side

2



REVERSE LUNGE, ELBOW TO INSTEP – KNEELING

- Kneeling, take half step forward with left foot
- Place right hand on deck & left elbow inside of left foot. Hold for 2 sec
- Place left hand outside foot & push hips to the sky
- Complete reps, then repeat on opposite side

3

LATERAL SQUAT – ALTERNATING

- Stand with feet wider than shoulder width apart, shift hips to the side & down
- Push through your hip to return to start position
- Keep your opposite leg straight, back flat & your chest up
- Alternate sides each rep

4

KNEE HUG – IN PLACE

- Lift one leg off the deck & squat back & down on the opposite leg
- Take hold just below your knee & pull towards your chest as you stand tall on the opposite leg
- Keep your weight in the middle of your foot, chest up & contract the glute of your stance leg
- Move with control, & alternate sides each rep

5

DROP LUNGE

- Reach one foot across & behind, square hips forward, & sit back & down into a squat
- Maintain weight primarily on front leg, keep your chest up, torso engaged & sit hips back
- You should feel a stretch in the outsides of both hips
- Complete reps, then repeat on opposite side

6

INVERTED HAMSTRING W/ SUPPORT

- Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you
- When you feel a stretch, return to the standing position by contracting glute & hamstring
- Keep stance leg slightly unlocked, back flat & shoulders & hips parallel to deck
- Complete reps, then repeat on opposite side