

Warm-ups

The following illustrations are taken from "BEAT ANY INJURY: AN ATHLETE'S GUIDE TO REHAB AND PREVENTION AT HOME" by renown author Dr. Jordan Mezel. He has run 29 marathons and 9 Ironmans but is also a doctor in nonsurgical sports medicine. He is featured in Mens Health and Runner's World often and has written a number of books on running injury prevention.

OFF AND IN SEASON WARM-UP

JUMPING JACKS

Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump up enough to spread your feet and arms. Repeat 10 times. Alternate with lunges.



HIGH KNEE WALK

Stand tall with your feet shoulder-width apart. Without changing your posture, raise your right knee as high as you can and step forward. Repeat the movement with your left leg. Continue to alternate with each leg.



LUNGE WITH SIDE BEND

Stand tall with your arms at your sides. Step forward with your right leg and lower your body until your right knee is bent at least 90 degrees. As you lunge, reach over your head with your left arm while bending your torso to your right. Reach for the floor with your right hand. Hold for 10 seconds and then return to the starting position. Complete the prescribed number of reps and then repeat on the other side, lunging with your left leg and bending to your left for the same number of reps.



REVERSE LUNGE WITH BACK BEND

Stand with your arms at your sides. Brace your core and keep it tight throughout the exercise. Lunge back with your right leg, lowering your body until your left knee is bent at 90 degrees. As you lunge, reach back over your shoulders and to the left. Reverse the movement back to the starting position. Complete the prescribed number of reps and then repeat with your left leg, reaching over your right shoulder for the same number of reps. Make sure you keep your torso upright for the entire movement.



KNEELING HIP FLEXOR STRETCH

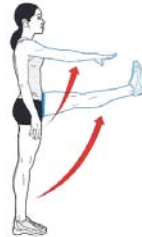
Kneel down on your left knee, with your right foot on the floor and your right knee bent 90 degrees. Reach up with your right hand as high as you can. Contract your glutes, brace your abs, and bend your torso to the right. Then rotate your torso to the right as you reach with your right hand as far behind you as you can. You should feel the stretch in your left hip and quad. Hold this position for 30 seconds. Then kneel on your right knee, switch arms, and repeat. Do two more sets for a total of three. Perform this stretch daily, or up to 3 times a day if you're really tight.



OFF AND IN SEASON WARM-UP

HIGH KICK WALK

Stand tall with your arms at your sides. Kick your left leg up without bending your left knee and reach forward with your right hand to touch your left foot as you simultaneously take a step forward (just pretend you're a Russian soldier). As soon as your left leg has swung back down and your left foot touches the floor, repeat the movement with your right leg and left arm. Alternate back and forth.



PISTOL SQUAT

Stand with your arms straight out in front of you at shoulder level. Balance your right leg off the floor and keep your leg straight. Push your hips back and lower your body as far as you can while keeping your torso as upright as possible. Pause, then push back up. Halfway through your time, switch legs. For added intensity, jump as you rise up from your squat.



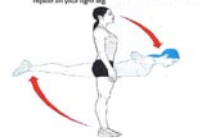
SQUAT THRUSTS (WEIGHTS OPTIONAL)

Stand with your feet roughly shoulder-width apart and your arms at your sides. Push your hips back, bend your knees, and lower your body as deep as you can into a squat. As you squat down, place your hands on the floor in front of you, shifting your weight onto them. Stand up and brace. Kick your legs back behind to form a squat line, so that you're now in a press-up position. Quickly bring your legs back to the squat position. Stand up quickly and repeat the movement. Hold dumbbells if you want to up the intensity.



INVERTED HAMSTRING SWING

Stand on your left leg, with your knee slightly bent. Raise your right foot slightly off the floor. Without changing the bend in your left knee, bend at your hips and lower your torso until it's parallel to the floor. As you lower down, raise your arms straight out from your sides until they're in line with your torso, with your palms facing down. Your right leg should stay in line with your body as you lower your torso. Return to the start. Complete the prescribed number of reps, then repeat on your right leg.



OFF AND IN SEASON WARM-UP

INCHWORM STRETCH

Stand and keep your legs straight, bend over and touch the floor. Walk your hands forward (if you can't reach the floor with your legs straight, bend your knees slightly). Keeping your core braced, walk your hands out as far as you can without letting your hips sag. Then take tiny steps to walk back in. That's 1 rep. Do 5 forward, then 5 reverse.



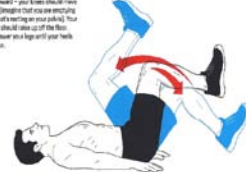
V-UP

Lie face up on the floor with your legs straight and your arms straight above the top of your head, in line with your body. In one movement, simultaneously lift your torso and legs as if you're trying to touch your toes. Keep your head in line with your body. Don't crane your neck. Your legs should be straight and your torso and legs should form a V. Lower your body back to the starting position.



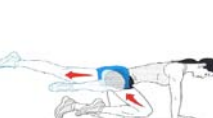
REVERSE CRUNCH

Lie flat on the floor with your palms facing down, with your feet together and your knees at 90-degree angles, your palms facing up. Raise your hips as high as you can while keeping your torso as upright as possible. Pause, then push back up. Halfway through your time, switch legs. For added intensity, jump as you rise up from your squat.



FIRE HYDRANT IN-OUT

Get down on your hands and knees with your palms flat on the floor and shoulder-width apart. Relax your core so that your lower back and abdomen are in their natural positions. Without allowing your lower-back posture to change, raise your right knee as high as you can to your chest (your knee may not move forward much). Lower your right leg to the floor, raise your right arm to the side without moving your hips. Kick your right leg straight out in line with your torso. That's 1 rep.



OFF AND IN SEASON WARM-UP

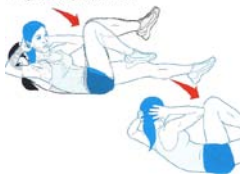
CLASSIC PRESS-UPS

Get into press-up position. Keeping your entire body straight, lower until your chest is just above the floor. Pause at the bottom, then push back up to the starting position as quickly as possible.



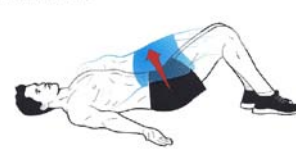
WRIST-TO-KNEE CRUNCH

Lie face down on the floor with your legs straight and your arms straight above the top of your head, in line with your body. In one movement, simultaneously lift your torso and legs as if you're trying to touch your toes. Keep your head in line with your body. Don't crane your neck. Your legs should be straight and your torso and legs should form a V. Lower your body back to the starting position.



HIP RAISE

Lie face down on the floor with your knees bent and your feet flat on the floor. Place your arms out to your sides at 90-degree angles, your palms facing up. Raise your hips as high as you can while keeping your torso as upright as possible. Pause, then push back up. Halfway through your time, switch legs. For added intensity, jump as you rise up from your squat.



JUMPING SQUATS

Place your fingers on the back of your head and pull your elbows back so that they're in line with your body. Squat until your thighs are parallel to the floor. Then explosively jump as high as you can (imagine you're pushing the floor away from you as you leap). When you land, immediately squat and jump again. Hold dumbbells at your sides to make it more challenging.



OFF AND IN SEASON WARM-UP

ISO-EXPLOSIVE PRESS-UP

Assume the press-up position. Bend your elbows and lower your body until your chest nearly touches the floor. Pause 5 seconds in the down position. Then press yourself up so forcefully that your hands leave the floor. **NOTE:** This 5-second pause technique eliminates all the elasticity in your muscles, which allows you to activate a maximum number of fast-twitch muscle fibers. These are the fibers with the greatest potential for size and strength gains.



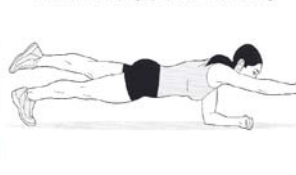
JUDO PRESS-UP

Begin in shoulder-width apart, but move your feet forward and raise your hips so your body almost forms an upside-down V. Keeping your feet forward, lower your body until your chest nearly touches the floor. Lower your hips until they almost touch the floor as you pull your feet and shoulders toward the ceiling. Reverse the movement back to the starting position and repeat.



WIDE-STANCE PLANK WITH OPPOSITE ARM AND LEG LIFT

Start in the press-up position, but bend your elbows and rest your weight on your forearms instead of on your hands. Your body should be in a line from your head to your ankles. Raise one arm and one leg at the same time. Then switch arms and legs. Repeat the movement.



PRONE COBRA

Lie face down on the floor with your legs straight and your arms out to your sides, palms down. Contract your core and raise your head, chest, arms, and legs off the floor. Simultaneously rotate your arms so that your thumbs point toward the ceiling. In this time, your hips should be the only parts of your body touching the floor. Hold this position for the prescribed time. (Note: if you can't hold it for the entire time, hold for 10 to 20 seconds, rest for 30 seconds, and repeat as many times as needed. If the dumbbells are heavy, you can hold light dumbbells in your hands while you do it.)



OFF AND IN SEASON WARM-UP

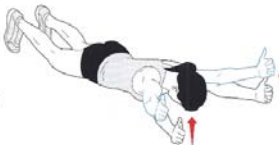
I RAISE

Lie face down on the floor. Push your arms straight above your shoulders so your body forms a straight line from your feet to your fingertips. Your palms should be facing each other. Simultaneously raise your arms as high as you can, pause, then slowly lower back to the starting position.



Y RAISE

Lie face down on the floor. Allow your arms to rest on the floor, completely straight and at a 90-degree angle to your body, your palms facing each other (thumbs up). Your body should resemble the letter "Y." Raise your arms as high as you can, pause, then slowly lower back to the starting position.



T RAISE

Lie face down on the floor. Move your arms so they're out to your sides - perpendicular to your body with the thumb sides of your hands pointing up - and raise them as high as you can towards the ceiling. Pause at the top of the move, then slowly lower back to the starting position.

