



Physical Therapy & Sports Performance Center

## **Flex Warm-up**

***The ideal warm-up up when you have no time, no space, and no equipment!***

1. Squats x5 each
  - i. Arms Across Chest
  - ii. Hands Behind Head
  
2. Hip Drives x5 each leg/direction
  - i. Split Stance (L, R) – Overhead Swings
  - ii. Split Stance (L, R) – Alternating Punches
  
3. Groin Drives x5 each leg/direction
  - i. Split Stance (L, R) – Overhead Swings
  - ii. Split Stance (L, R) – Alternating Punches
  
4. Hamstring Drives (2-way) x5 each leg/direction
  
5. IT Band Drives x10 each leg
  
6. Torso Rotations (3-way) x5 each way
  - i. Squared Stance
  - ii. Split Stance (L)
  - iii. Split Stance (R)
  
7. Pendulum Swings x5 each arm

### Optional:

- Squats with SFT\* tweaks
- Lunge Matrix (with same arm swings/rotations as hip and groin drives)
- Push Ups with SFT\* tweaks
- 3D Pendulum Swings (add frontal and transverse planes)
- Jog Matrix (15 yards each of: jog, backpedal, side shuffle, carioca)

\*SFT (Sagittal–Frontal–Transverse): Various foot/hand positions and widths

- Sagittal – Split Stance (L or R foot/hand forward)
- Frontal – Wide/Narrow Stance
- Transverse – Toes/Fingers pointed inward or outward



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### Squats



**With heels flat and chest tall, push the hips back as if you are sitting on to a chair  
Increase squat depth with each repetition (as low as you can with flat heels)**

### Hip Drives



- 1) Keep back leg straight and toes pointed straight forward**
- 2) Drive arms overhead as you push the front knee forward**
- 3) Alternate punches at shoulder height as you push the front knee forward**

### Groin Drives

**Same sequence as Hip Drives with back foot turned out to 90°**

### Hamstring Drives



- 1) Sit onto you back leg, keep your front leg straight and point your toes up**
- 2) Alternate reaches to each side and stand up tall between each rep**

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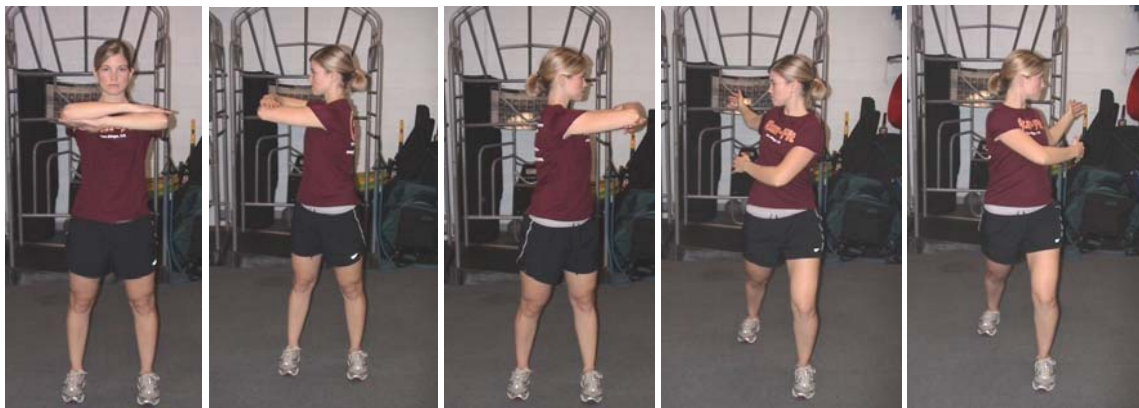
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### IT Band Drives



- 1) Step one leg in front of the other (toes forward, heels flat, standing tall)
- 2) Reach to the side while pushing your hip in the opposite direction

### Torso Rotations



- Squared stance – rotate left and right (try to keep all rotation above the hips)  
Split stance – open hand and shoulder during backswing

### Pendulum Swings



- 1) Squat halfway down and let arm swing back
- 2) Stand up tall and swing arm overhead (reach up and back) – Alternate arms

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