

Movement Preparation Continued

Last article, we covered a basic warmup to prepare the body for athletic movements. This addition will cover more exercises that are not necessary, but can benefit the athlete who needs additional warmup time. These are also great during the off-season or in practice as they will increase flexibility and mobility.

Lunge with lean back: Step into a lunge position, with the back knee just off the ground. Raise the arms overhead and lean backward, feeling a greater stretch in the hip flexors and quads, as well as the chest. 8-10 reps per leg.

Leg cross-over: Lie on the back with one leg extended straight in the air. Cross the leg over the body, attempting to have the foot touch the ground (if it doesn't, no problem). Be sure to keep the leg straight and both shoulders on the ground. 10 reps per leg.

Sweeps: Begin in a pushup position. Swing one leg under the body as far as possible. Keep the torso as still as possible to stretch the back/hip/glute. Alternate legs. 10 reps per leg.

Arm Sweeps: These are similar to sweeps, but this time to stretch the back. Begin in a pushup position. Slide an arm under the torso, reaching as far as possible. Keep the lower body still during the movement. 10 reps per arm.

Chest rotation: Begin in a pushup position. Lift one arm up, rotating the torso as much as possible. Be sure the head rotates with the shoulders. 10 reps per arm.

Inchworm: Begin standing with fingers touching the ground in front of the toes. Slowly walk the hands out to a pushup position. Once reaching this position, slowly walk the feet back toward the hands. The legs must stay straight (or as straight as possible) throughout the movement to properly stretch the hamstrings. 6 reps.

Groin opening: Lie on the back with one leg extended straight in the air. Drop the leg out to the side, stretching the groin region, and return to the starting position. 10 reps per leg.

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