

HIGH SCHOOL – AT HOME SPORTS TRAINING



WARM-UP CARD

COMPLETE THE WARM-UP EXERCISES BELOW BEFORE EVERY STRENGTH & CONDITIONING AND / OR AGILITY WORKOUT.

VISIT CHOICEHF.COM FOR INSTRUCTIONAL VIDEOS FOR EACH EXERCISE!

HIGH SCHOOL SPORTS TRAINING | WARM-UP EXERCISES

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
A Skips	1x		1x		1x		1x	
Alternate Curtsy Squats	1x		1x		1x		1x	
Reverse Lunge High Reach	1x		1x		1x		1x	
Butt Kick	1x		1x		1x		1x	
Carioca	1x		1x		1x		1x	
Gate Swing	1x		1x		1x		1x	
High Knees	1x		1x		1x		1x	
High Skips	1x		1x		1x		1x	
Inch Worm	1x		1x		1x		1x	
Pigeon	1x		1x		1x		1x	
Runners Stretch	1x		1x		1x		1x	
Side Squat to Mid-Line	1x		1x		1x		1x	
Side Squat to Side Shuffle	1x		1x		1x		1x	
SL RDL	1x		1x		1x		1x	
Soldier Walk	1x		1x		1x		1x	
Spiderman Crawl	1x		1x		1x		1x	
Walking Knee Hug	1x		1x		1x		1x	