

Rebalance^{MD} Dynamic Warm Up

** For all exercises continue for 20 metres
then repeat exercise or jog back to starting line*

1. Jogging

- Jog forward at comfortable pace, increase speed on way back
- Focus on proper biomechanics of hip/knee/ankle in a straight line, keeping knees from falling inward toward opposite knee.



2. Backward Jogging

- Jog backward at comfortable pace
- Focus on proper biomechanics of hip/knee/ankle
- Push off balls of feet with force and use arms for balance and power



3. Heel Kicks

- Jog forward and kick your heels towards your bottom, landing on balls of feet.



4. High Skips

- A high skipping motion using arms to propel you upwards
- Bring knees up high, landing on ball of foot with a slight bend at knee and straight hip.



5. Side Steps

- Start sideways with bent knees, leading with right foot and pushing off with left foot; reverse leading leg on way back
- Keep hip/knee/ankle/ in a straight line when pushing off



6. Side Jacks

- Sideways vertical motion, arms swinging in and out propelling you upwards.
- Leading with right foot with slight bend at knee and pushing off ball of left foot with power, keeping hip/knee/ankle in straight line.
- Reverse leading leg on way back.



7. Side Twists

- Moving sideways, swivel your hips to bring one leg in front and one behind body.
- Push off toes and focus on fast feet crossing over one another
- Reverse leading leg on way back



8. Walking Lunges

- Step forward with right leg and drop left knee straight down hovering above ground, arms are out to side with elbows at 90degrees and palms facing forward.
- Make sure right thigh is parallel to ground so front knee is in line with ankle and avoid knee from caving inwards.
- Bring left knee high in front of right leg and repeat lunging motion
- Jog back to start



9. Single Leg Jump

- Jump forward from one foot to the other in powerful bounding jumps
- Focus on absorbing the landing and springing off with power.
- Jog back to start



10. Ski Jumps

- With feet pointing forward and close together, jump diagonally to right landing on both feet with bent hips and knees to absorb the landing.
- Immediately spring diagonally to left and continue alternating directions
- Jog back to start



10. Double Leg Hops *forward/backward/lateral*

- Hop over cone or/line landing on balls of feet, bending at knees.
- Now hop backwards over cone/line using same technique
- Arms close to body with elbows bent, moving back and forth for balance and power.
- Perform same action laterally
- The same exercises can be done on a 'single leg'



11. Single Leg Hops

- Hop forward on right leg using your arms and bent leg to propel you forward.
- Land on ball of right foot with knee slightly bent to absorb landing and continue forward keeping hip/knee/ankle in line
- Hop on your left leg back to the start



12. Vertical Jumps *with soft landing*

- Start with 3 steps forward to build momentum and with feet together, jump into air and pretend to shoot ball.
- Absorb and plant landing on balls of feet with bent knees; aim for a quiet, soft landing



13. Bunny Hops

- With legs shoulder width apart and using arm swing to generate power, bend hips and knees and jump forward from two feet.
- Land with quick heel-toe push off ground with slight knee bend to absorb landing.
- Continue same action **on spot** or moving forward.



14. Lunge Stretch

hip flexors, abductors

- Lunge forward with right leg and lower back knee to ground.
- Hold stretch for 10sec. then extend left arm and twist towards right knee, again hold for 10sec. keeping chest lifted.
- Lean weight back on left bent leg and hold onto right ankle or toe for 10sec. stretch of **hamstrings and gluteus muscles**.
- Grasp hold of left toe and pull up towards your bottom for 10sec to stretch **quadriceps muscles** – stand for this exercise if it's uncomfortable for knee.
- Lunge forward on left leg and **repeat all stretches** on opposite side.

