

# "Ron Jones" Dynamic Warm-Up Exercises

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



1. **SPINAL ROTATION** \*(Spinal Mobility)
  - Place feet shoulder-width & pointed straight forward; fix hips & hold square; hold arms straight out to sides; rotate back and forth 4x then do each diagonal 3x keeping hips as fixed as possible.
  - \*Advanced: ↑ Range of motion
2. **SCORPION** \*(Spinal Mobility)
  - Lift heel up & over behind back; reach down and across with opposing hand towards heel; repeat 10x alternating directions with each reach.
  - \*Advanced: Reach higher with heel & lower with hand; raise other arm overhead
3. **CALF STRETCH** \*(Ankle Mobility & Calf Flexibility)
  - Lunge step out with front leg; straighten back leg; keep both feet pointed straight forward; press back heel to ground; hold 1 second; repeat 5x each.
  - \*Advanced: ↑ Back leg straightness & ↑ lunge step length
4. **SQUAT & BACK EXTENSION** \*(Hip Mobility)
  - Place feet shoulder-width & pointed straight forward; squat down keeping head & chest upright; keep heels flat on ground; stand back upright & reach arms up high & out making a big "X" with body; repeat 10x.
  - \*Advanced: ↑ Depth of squat, ↑ height of reach, & back extension
5. **SINGLE-LEG BALANCE REACH** \*(Balance)
  - Stand over one foot placed flat on ground; reach forward & slightly squat. The hand that reaches will be on same side as lifted foot; repeat 5x each leg.
  - \*Advanced: ↑ Reach distance & ↑ squat depth
6. **FORWARD LUNGE REACH** \*(Hip Mobility)
  - Lunge step out with lead knee over ankle & both feet pointed forward; reach down towards knee; repeat 10x alternating legs for each reach.
  - \*Advanced: ↑ Depth of reach
7. **BACKWARD LUNGE TWIST** \*(Spinal Mobility)
  - Take lunge step back with one leg; arch back slightly & rotate towards outside of lead leg; reach with arms; hold 1 second; repeat 10x alternating legs for each reach.
  - \*Advanced: ↑ Rotation & ↑ arm reach
8. **DROP LUNGE** \*(Hip Mobility)
  - With hips square drop one leg ~12-18" behind & to other side; keep feet pointed straight forward; drop hips down; repeat 5x on each side.
  - \*Advanced: ↑ Depth & ↑ space between feet
9. **LATERAL LUNGE REACH** \*(Hip Mobility)
  - Split feet wider than hips; Shift hips laterally keeping feet pointed forward & flat on ground; reach towards outside knee while keeping inside leg straight at knee; shift to other side; repeat 5x each direction.
  - \*Advanced: ↑ Depth & ↑ width of stance
10. **SPINAL FLEX/EXTENSION & SHOULDER RETRACTION** \*(Spinal Mobility)
  - Place feet together; hip hinge forward; grab back of thighs; pull torso forward & down (DO NOT round back!); stand back up; roll shoulders back, down, & pinch together; repeat 10x.
  - \*Advanced: ↑ Leg straightness & ↑ hip flexion

\*NOTE: Primary objectives are marked with a \*(and enclosed in parenthesis).

\* Ron Jones (8.12.08)