

# Movement Preparation Exercises

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The exercises below came from Mark Verstegen's book, "CORE Performance." Verstegen owns Athletes' Performance—one of the nation's top athletic training facilities for U.S. Pro, Olympic, and recreational athletes. I highly recommend his book as an excellent training reference.

**Movement Prep Purpose:** Increase core temperature; elongate muscles actively; improve balance and proprioception; increase mobility, flexibility, stability, and strength; activate muscle groups and movements that have been "turned off" from disuse and dysfunction; use muscles in "stretched" positions that will facilitate strength in new ranges of motion for the smaller stabilizing muscles; establishes and maintains ability to perform functional whole body movements.

- =Directions
- = "Intensity Progressions" (+) if applicable; ↑ intensity to right
- ✓ Perform 5-10 reps for each exercise in the order below "before" workouts
- ✓ Time Required=5 to 10 minutes per session

## 1. Hip Crossover

- *Lift legs; swing leg over & down until bottom knee touches ground.*
- + Knees to chest>Straight legs

## 2. Scorpion

- *Rotate hips; reach up & over with heel.*
- + Reach higher with heel

## 3. Calf Stretch

- *Loop foot over ankle; straighten leg; hold 1 second.*
- + ↑ Back leg straightness to add more calf stretch

## 4. Hand Walk

- *Hip hinge with hands to floor; walk out & back with ankles only.*

## 5. Inverted Hamstring

- *Hip hinge with 1 leg extended, 'T' position with arms; thumbs up.*
- + ↑ Hip flexion & straighten back leg

## 6. Forward Lunge/Forearm-to-Instep

- *Knee over ankle; hand to ground then other elbow to inside lead knee and slide down; lift elbow back to other side & place that hand on ground; push hips to sky while lifting front toes & pressing rear heel down.*
- + Reach lower with hand/elbow that is next to lead knee

## 7. Backward Lunge with Twist

- *Arch back slightly & rotate towards outside of lead leg; hold 1 second.*
- + ↑ Rotation

## 8. Drop Lunge

- *Turn hips & drop one leg 2' behind & to side; drop to squat position.*
- + ↑ Depth

## 9. Lateral Lunge

- *Keep feet square (pointed forward) & torso upright; hands to chest.*
- + ↑ Depth & width of stance

## 10. Sumo Squat-to-Stand

- *Hip hinge; grab toes; squat; lift chest then straighten legs.*
- + ↑ Leg straightness \*(Do NOT round back!)

Reference: **CORE Performance** by Mark Verstegen ([www.athletesperformance.com](http://www.athletesperformance.com)) \*(Ron Jones, 9.5.07)