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


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) *(Ron Jones, 9.5.07)