



***DYNAMIC BASEBALL
WARM UP***



Line up single file along first base foul line facing towards center field. Each athlete should be spread out along the line so they have enough space to work.

Jog to the center field pole and back to original positions in line. Perform the following in order.

Standing

- Overhead lumbar flexion/extension x 10 reps each
- Sumo Squat x 10 reps
- World's Greatest Stretch x 8 reps
- Rotational Series (all 3 positions in a row) x 6 reps each
- Ulnar Nerve Glides (forward, side)
- Arm Circles (to side, small to big circles)

Quadruped (on all fours)

- Double leg groin x 10 reps
- Single leg groin x 10 reps R/L
- Thoracic mobility x 10 reps R/L
- Single arm thoracic mobility x 10 reps R/L
- Shin box x 10 reps R/L

Supine (laying on back)

- Glute Bridges x 15 reps
- Hip Crossovers x 8 both sides
- Hip Internal Rotation x 10 reps both
- Active lumbar Stretch x 8 R/L
- Active Diagonal Lumbar stretch x 8 R/L

Now, rise to a standing position and stay in the same place. Perform the following in order.

- Jog 15 yards and back
- Jog 15 yards, backpedal back
- Side shuffle 15 yards and back
- Walking squats 15 yards and back
- Alternating lateral lunges 15 yards and back
- Leg cradle x 15 yards, alternating knee hug with lunge x 15 yards
- Angled spidermans x 15 yards, jog back



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- Walking quad stretch x 15 yards, walking hamstring stretch back
- Angle shuffle forward x 15 yards, angle shuffle backwards x 15 yards
- Crossover skip x 15 yards, jog back
- A skip x 15 yards, B skip back
- Walking leg swings x 15 yards, jog back
- Carioca x 15 yards, carioca back
- High knees forward, high knees backwards
- Butt kicks forward, butt kicks backwards
- Backpedal quickly x 15 yards, light acceleration back
- Accelerations from various starting positions (stride stance, crossover, half kneeling, etc.; reinforce good running mechanics)
- Stride outs