Neurodynamic Warm Up

Exercise		Length	Instructions
High Knees		45 sec	Jog forward bringing knees to chest
Butt Kicks		45 sec	Jog forward bringing heels to butt
Side Shuffle		45 sec	Shuffle feet laterally
Straight leg kick		45 sec	Step forward, kicking leg straight out in front.
Bounding	f f	2x30 sec	Push off your left foot, jumping and landing on right foot. Repeat as you move in a forward direction.

For more information visit nicklauschildrens.org/sportshealth or contact 786-624-5110.



Neurodynamic Warm Up

Bear Crawl



2x30 sec

Assume a hands and knees position with knees lifted off ground. Slowly crawl in a forward direction.

Single leg RDL



2x30 sec

Stand on one leg with knee slightly bent. Without bending your knee more, hinge at your hips and tip forward until your torso is parallel to the floor. Return to start.

Double leg jump Side to Side

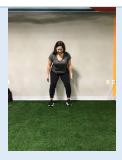




2x30 sec

Start in an athletic stance with feet shoulder width apart. Jump side to side keeping knees in line with your feet as you propel yourself side to side.

Double leg jump Front/back



2x30 sec

Start in an athletic stance with feet shoulder width apart. Jump forward and backward keeping knees in line with your feet as you propel yourself forward.

Double leg to single leg hop



2x30 sec

Start in an athletic stance with feet shoulder width apart. Jump off both legs, landing on only one foot. Keep knee in line with your foot and ensure a soft landing.

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