

WARM UP EXERCISES/ISOMETRICS REVIVE AND THRIVE MUSCLE ACTIVATION TECHNIQUES™

Move as far as you can go without pain or cramping. Hold for 6 seconds. Do 6 reps of each movement.

UPPER BODY/TRUNK ACTIVE RANGE OF MOTION

While Standing:

- Trunk rotation - arms crossed over chest. Rotate torso to one side, keep feet planted (if uneven or restricted on one side, do up to 6 reps). Do the same and rotate to the other side.
- Side bend - stand with arms by your side, then slide one arm down side of body. Return to starting position and repeat with other arm.



Sitting with legs extended:

- Knees slightly bent, legs in front of body - cross arms over chest and curl spine forward toward knees.



Lying down, legs extended:

- Bend one leg and put foot on outside of knee of extended leg. Keep shoulders down against floor. Bend knee outwards and rotate at hip. Do the same with other leg.



Lying down on stomach:

- Legs extended, arms down by sides. Arch up, extending spine, keeping arms back and extended.



LOWER BODY ISOMETRICS

While Sitting:

- Plantar flexing - sit with legs extended. Point toes. Contract calf.
- Ankle dorsi flexion - sit with legs extended. Pull toes back toward body. Contract muscles on front of legs.
- Ankle plantar flexion with inversion - sit with legs extended. Bend one knee. Turn foot inward toward extended leg. Do the same with other foot.
- Ankle plantar flexion with eversion - sit with legs extended. Bend one knee. Turn foot outward away from extended leg. Do the same with other foot.

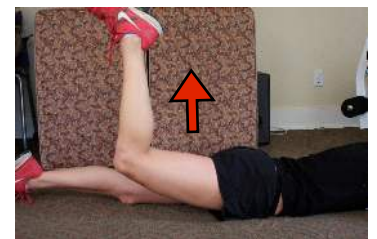


While lying on stomach:

- Lying knee flexion - lie on stomach. Flex leg, bend 90 at knee keeping thigh on the ground. Pull heel towards glut. Do the same with other leg.
- Lying knee extension - on stomach, legs extended. Tighten glut, bend knee to 90. Lift leg and foot upward. Do the same with other leg.

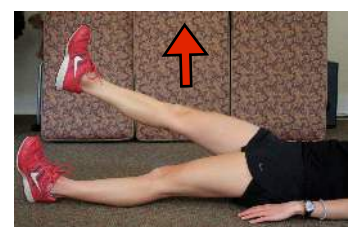


other
leg.



While lying on back:

- Lying knee extension and hip flexion - lie on back, legs extended. Point toes with foot bent to 90, lock knee, and raise leg. Contract quad and lengthen hamstring. Same with



- Hip rotators - Flex hip to 90 and bend knee to 90. Turn foot outward (rotate at hip outward). Do the same with other leg.



- Hip rotators - Bend hip and knee, each to 90. Rotate foot inward by turning leg inward to knee. Do the same with other leg.



- Oblique hip flexion with internal hip rotation - Lie on back with legs extended. Turn foot inward, lock knee, and lift leg upward and out, away from body. Do the same with other leg.

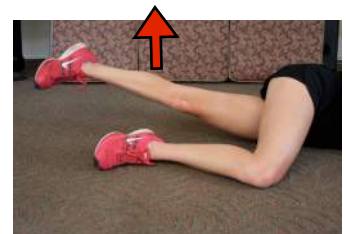


While lying on side:

- Lying hip abduction - lie on side, support head. Bend bottom leg. Lock knee in top leg and lift upward. Do the same with other legs.



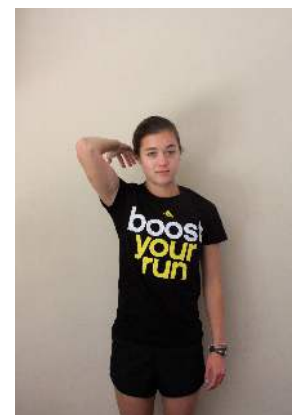
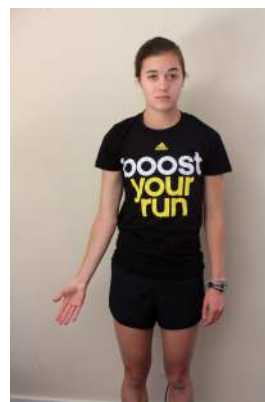
- Lying hip adduction - lie on side, head supported. Bend upper leg at knee and place foot in front of lower leg's knee. Lift lower leg upward. Do the same with other leg.



UPPER BODY RANGE OF MOTION

While Standing:

- Elbow flexion with shoulder flexion - Palm facing up. Bend arm at elbow and lift arm up and reach over back. Do the same with other arm.



- Shoulder extension with elbow extension - Arms down, elbows straight. Pull extended arms back and hold.



- Shoulder horizontal abduction - Arms are raised up & out horizontally. While extended, pull arms toward back, pulling through shoulder blades.



ACTIVE RANGE OF MOTION RUNNING STRIDE ISOMETRICS

While standing:

- Hip flex, knee flex, ankle flex - balance on one foot. Bend other leg at hip, bend at knee and dorsiflex at ankle. Hold. Keep good posture through trunk. Do the same with other leg.
(Basically, just squat with the leg you are balancing on)



- Hip extension with knee extension - Balance on one leg. Lift other leg and reach backwards without swaying body forward or arching back. Keep torso stable. Extend leg to back (pull straight back). Do the same with other leg.



DYNAMIC WARM UP EXERCISES

While standing:

- Leg swing motion for running - Balance on one side. Lift other leg and swing through running stride both forward and backward in a continuous motion. Move **slowly** through the range of motion, and then increase speed **slightly**. Flex hip, knee and ankle all in one motion. Extend leg through to back.
- Upper body - Arms bent to 90 at elbow, thumbs facing up. Move arms in a running motion. Begin **slowly** and increase speed **slightly**. Can add a slight amount of trunk rotation.