

Movement Preparation Exercises

(Ron Jones, MS, ACSM Health/Fitness Instructor)

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) *(Ron Jones, 2-4-04)

www.ronjones.org "High-Performance Health"



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