

Warm up for Summer!

The purpose of a good warm up, put simply is... "to prepare the body for the exercise or activity to follow." So when planning an effective warm up we will need to ensure that the body is prepared for a multitude of directions.

Running

Before running it is essential to loosen the hips in order to take the pressure off of the knees and ankles – common complaints during or after running. To run effectively your hips need to be able to move laterally as most of the time is spent on one leg.

Split squats – to loosen the front of the hip and thigh



- In a large stance position – one foot in front of the other – back heel raised
- Squat down by bending both knees evenly – keeping the chest lifted and front foot flat on the floor (*Note: if your front heel raises – you need to bend the back knee more*)
- Pause at the bottom – before return slowly to the start
- Perform 12-15 repetitions
- If you want to increase the lateral movement at the hips and spine – raise alternate arms overhead as you squat down

Nordic Walking

Walking is different to running as both feet are on the floor at one time it creates more of a rotational demand on the body.



- In a large stance position – one foot in front of the other – back heel raised
- Squat down by bending both knees evenly – keeping the chest lifted and front foot flat on the floor (*Note: if your front heel raises – you need to bend the back knee more*)
- As you squat down – rotate your torso in one direction – keeping the arms straight
- Pause at the bottom – before return slowly to the start and repeating the rotation in the opposite direction
- Perform 12-16 repetitions

Tennis

Tennis is an extremely lateral and rotational sport. This can create problems as very quickly you can find yourself using up your range of motion in one direction (running sideways across the court) only to find that you need some more in another (rotate to reach for and return the ball).

Curtsy split squats – loosen up the lateral hips



- In a curtsy stance position – one foot behind and across the other – back heel raised
- Squat down by bending both knees evenly – keeping the chest lifted and front foot flat on the floor (*Note: if your front heel raises – you need to bend the back knee more*)
- Pause at the bottom – before return slowly to the start
- Start with a small range of motion and progressively increase
- Perform 12-15 repetitions

Football

Football is very demanding on the hamstrings as they are essential to decelerate the hips during short burst running and kicking.

Split bend - Hamstrings



- In a split stance position – one foot in front of the other – back heel raised
- Reach forward by tipping from the hips and by bending the front knee a little – keeping the chest lifted and the back leg straight
- *(Note – if you feel it in your lower back you are bending from the spine and not tipping from the hips)*
- Pause at the bottom – before return slowly to the start
- Start with a small range of motion and progressively increase
- Perform 12-15 repetitions

Groin strains

Most sports are renowned for creating tension in the groin muscles (the adductors). Performing exercises that open the hips are great for all activities.

Wide squats - Adductors



- In a wide stance position – feet pointing to 10 o'clock and 2 o'clock
- Squat down evenly – keeping the chest lifted and heels down
- *(Note – if you your heels lift you are not sitting back into the squat enough)*
- Pause at the bottom – before return slowly to the start
- Perform 12-15 repetitions

Note:

Clearly performing all of the above movements will prepare you for most activities.

(End)