



**SPORTS
MEDICINE**

MOVEMENT PREPARATION

WORKSHEET

	OPTION A <i>LINEAR</i>		OPTION B <i>MULTI-DIRECTIONAL</i>	
GENERAL MOVEMENT	Jog & Backpedal High Knees & Butt Kicks Shuffle (Left & Right)	10 - 15 yards each	Jog & Backpedal High Knee Skip High Knee Carioca	10 - 15 yards each
GLUTE ACTIVATION	Single Leg Glute Bridge Mini-Band Linear Walks (band around knees)	10 each side 10 yards each	Glute Bridge Marching Mini-Band Lateral Walks (band around ankles)	8 each side 10 yards each
DYNAMIC FLEXIBILITY	Handwalk World's Greatest Stretch Drop Lunge Rotational Squat	1 x 4 1 x 4 each 1 x 4 each 1 x 4 each	Heel to Glute Inverted Hamstring Leg Cradle Lateral Squat	1 x 4 each 1 x 4 each 1 x 4 each 1 x 4 each
MOVEMENT INTEGRATION	Linear March Linear Skip	1 x 10 yards 2 x 10 yards	Lateral March Lateral Skip	1 x 10 yards 2 x 10 yards
NEURAL ACTIVATION	2-Inch Runs	2 x 10 seconds	Base Pogo - Side-to-Side Base Rotations	2 x 5 seconds each





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EXERCISE LIBRARY

MOVEMENT PREPARATION

GENERAL MOVEMENT	GLUTE ACTIVATION	DYNAMIC FLEXIBILITY	MOVEMENT INTEGRATION	NEURAL ACTIVATION
<p>Jog</p> <p>Backpedal</p> <p>High Knees</p> <p>Butt Kicks</p> <p>Shuffle (Left & Right)</p> <p>High Knee Skip</p> <p>High Knee Carioca</p> <p>Arm Swings</p> <p>Arm Circles</p> <p>Ball Dribbling</p>	<p>Single Leg Glute Bridge</p> <p>Glute Bridge Marching</p> <p>Mini-Band External Rotation</p> <p>Mini-Band Bent-Leg Linear Walks</p> <p>Mini-Band Straight-Leg Linear Walks</p> <p>Mini-Band Bent-Leg Lateral Walks</p> <p>Mini-Band Straight-Leg Lateral Walk</p>	<p>Handwalk</p> <p>World's Greatest Stretch</p> <p>Drop Lunge</p> <p>Rotational Squat</p> <p>Heel to Glute</p> <p>Inverted Hamstring</p> <p>Leg Cradle</p> <p>Lateral Squat</p> <p>Reverse Lunge</p> <p>Knee Hug</p>	<p>Linear Marching</p> <p>Linear Skipping</p> <p>Lateral Marching</p> <p>Lateral Skipping</p> <p>Linear Straight-Leg Marching</p> <p>Linear Straight-Leg Skipping</p>	<p>2-Inch Runs</p> <p>Base Pogo - Side-to-Side</p> <p>Base Rotations</p>

