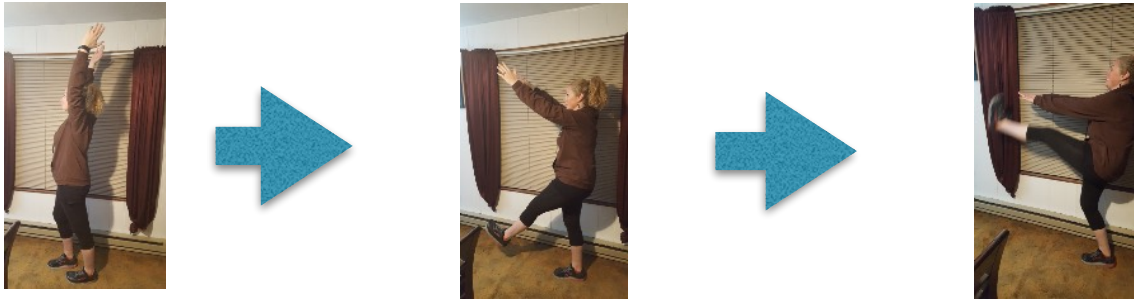


# SHS Girls Softball Dynamic Warm Up 2018

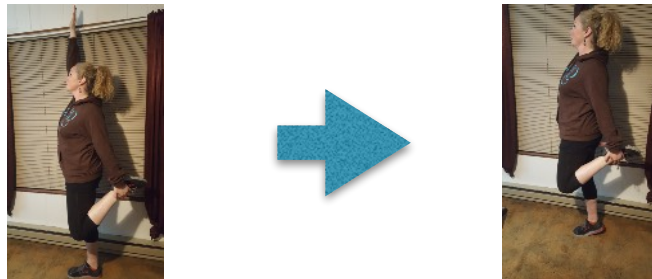


1. **Jog:** Jog down half way, turn and jog backwards.

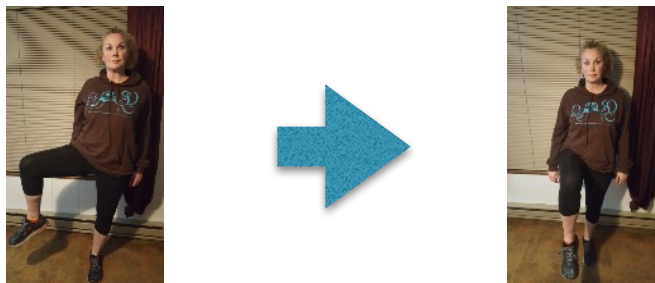
2. **Toy soldier with arm swing over head:** Keep your back and leg straight. Kick forward as you circle arms over head and try to touch your hand to your toe. Make sure to not round your back as you progress forward, and then repeat with the other side.



3. **Quad pull:** Stand tall, grab your foot with your hand and pull up as if performing a quad stretch. Raise the opposite arm up towards the sky and raise up onto your toe as you progress forward. Repeat with the other leg.



4. **Hip openers:** Lead with your knee and raise it up and out to the side, bringing it back around to the front as if you are stepping over a hedge. Repeat with the opposite side as you progress forward.



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**5. Grapevine:** Turn side ways, stepping left foot behind the right, then in front of the right as you progress sideways. Repeat back leading with the other leg.



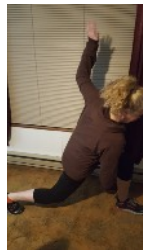
**6. Lateral lunge and shuffle:** Turn sideways and take a big step to the side. Lunge towards one knee, then the other side. Make sure to keep your knee you are bending in line with your ankle and not letting it progress forward in front of your foot. After lunging each direction, perform a shuffle and turn to opposite direction. Repeat as you progress down the field.



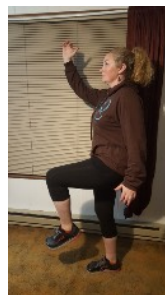
**7. Lunge with arm reach through into thread the needle:** Step forward into a lunge (make sure to keep front knee over your toe and not let it progress forward). Reach your opposite arm through your leg, then rotate it up towards the sky. Repeat with the other side.



(forward view)

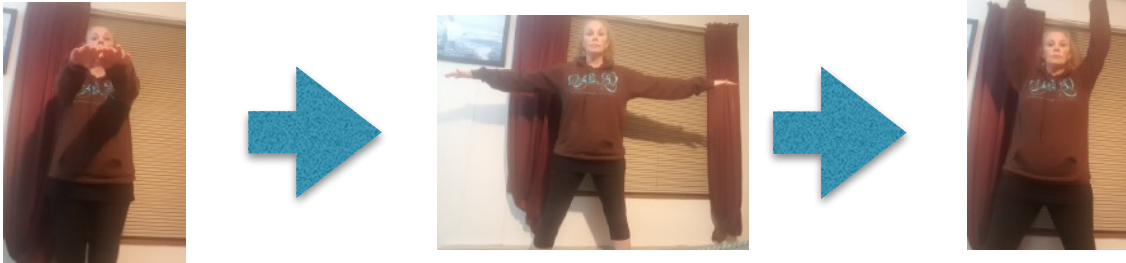


**8. Skip:** Think about bounding up as high as you can. This is not for speed, it's for height. Opposite arm and knee reach towards the sky as you hop off one leg.

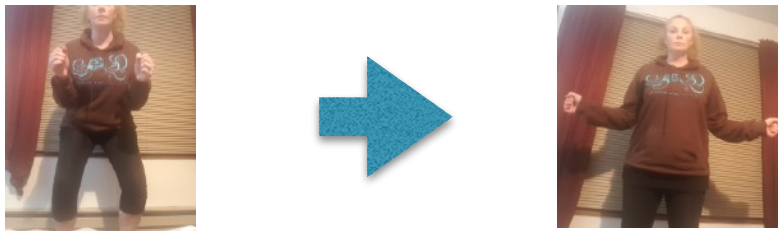


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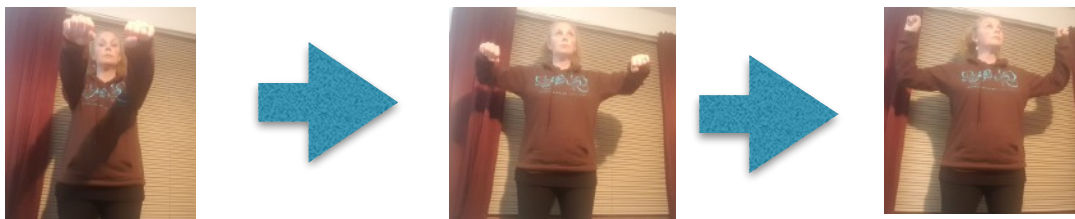
**9. Jump jack with arm crosses:** Perform a jumping jack with your lower extremity, and cross arms in front and then overhead, alternating with each jump.



**10. Squat with arm ER:** Squat down with arms at side and bent to 90 degrees. As you return to stand, rotate your hands out to the side, keeping elbows in at your side. Repeat 10x.



**11. Horizontal abduction into 90/90 ER with calf raise:** Start with arms straight out in front of you. Pull elbows back and squeeze shoulder blades together. Once elbows are at shoulder level, rotate your hands up towards the sky. As you rotate up, raise up onto your toes. Rotate back down, and then extend arms forward.



**12. Back scratchers:** Reach overhead and back down your back, and at the same time with the other hand reach back and up your back trying to touch hands together. Repeat the opposite direction x 10 on each side.



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