



Dynamic Walking Warm Up

Created by Rori Alter Jul 29th, 2018

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Total 6

COMMENTS:

Perform all the walking exercises together.

Then perform the barbell exercises as a complex, one right into the other.

Then begin your barbell training.



Exercise Bike

Duration 10 Minutes

Start your workout with a warmup bike ride.

Start by riding continuously for 10 minutes to get your heart rate and body temperature increased.



Walking High Knees

Repeat 16 Times

Hold 3 Seconds

Complete 2 Sets

Find an area where you can take 10-20 long strides. Step forward with the right leg while grabbing under the left thigh and pulling your left thigh up towards your chest and hold for 2-3 seconds. Make sure to keep your standing leg straight and the heel on the floor. Then put your left leg down taking a big step forward and repeat by pulling the right leg up towards the chest.

Where You Feel It: Glutes, low back, hip flexors



Walking Butt Kicks

Find an area where you can take 10-20 long strides. Step forward with the right leg while grabbing your left ankle, contracting your left glute and pulling your left foot towards your buttock. Make sure that your knee is under or behind your hip and not forward of it. Hold for 2-3 seconds. Make sure to keep your standing leg straight and the heel on the floor. Then put your left leg down taking a big step forward and repeat by pulling the right foot up towards the buttock.

Where You Feel It: Thigh and hip flexor

Repeat 16 Times
Hold 3 Seconds
Complete 2 Sets



Walking Glute Stretch

Find an area where you can take 10-20 long strides. Step forward with the right leg while grabbing (double over hand) under the knee and ankle of the left leg pulling your left leg up towards your chest and hold for 2-3 seconds. Make sure to keep your standing leg straight and the heel on the floor. Then put your left leg down taking a big step forward and repeat by pulling the right leg up towards the chest.

Where You Feel It: Glutes and inner thigh

Repeat 16 Times
Hold 3 Seconds
Complete 2 Sets



Side-to-Side Adductor Stretch

Stand with feet about 6 inches wider than shoulder-width apart with your toes pointing forward. Perform a side lunge to the right by bending your right knee, shoving the hips back, and keeping the left leg straight. Maintain your feet flat on the floor and your spine in neutral. Shift over to the left performing the same thing on the opposite side.

Where You Feel It: Inner thighs

Repeat 16 Times
Hold 3 Seconds
Complete 2 Sets



Reverse Lunge Rotation

Take a big step back into a deep lunge with the right leg. Your right knee should be mildly bent while your front (left) leg should be bent to 90 degrees and the foot flat on the floor. Reach both arms up towards the ceiling and rotate towards the front (left) leg. Hold for 2-3 seconds and return to standing tall. Alternate sides for the entire set.

Where You Feel It: Hip flexor, lats, obliques

Repeat 16 Times
Hold 3 Seconds
Complete 2 Sets