

WARM-UP 2.0

**PROTOCOLS
FOR HIGH
PERFORMANCE**



CORE ADVANTAGE



WARMUP 2.0 IS DESIGNED TO HELP YOU MAXIMISE YOUR ATHLETIC POTENTIAL.

The best result so far using this routine has been a ten centimetre vertical leap improvement in just five weeks.

Building this ten minute movement protocol into your sessions provides an amazing opportunity to make a small but cumulative contribution to your athletic development every time you train or play. It will also reduce your chances of sustaining a preventable injury.

The key is to perform the routine gently and consistently, with great attention to detail.

THE FOUR WARMUP PHASES

- 1. Rolling for myofascial release**
Undoing the knots and adhesions in your muscles.
- 2. Gentle restorative stretching**
Restoring critical muscles to normal length.
- 3. Targeted muscle activation**
Switching on the core muscles to maximise power.
- 4. Movement skill training**
Enhancing your ability to use you lengthened, strengthened and activated muscles to sprint, jump, land and cut safely and explosively.

HOW TO USE THIS GUIDE

All four phases should be completed in sequential order prior to training or games.

Use phases 1 and 2 only as a cool-down after training and games.

TIP: Print out the last four pages of the guide and keep with you as a reference.

Properly executed this routine has the potential to increase speed, agility, acceleration, and vertical leap as well as reduce overall injury potential and even get rid of muscle soreness.

If you have recently suffered an injury, feel any joint pain or notice sharp muscular pain performing the movements, please use common sense and stop immediately and seek medical advice.

To find out more about the services we offer athletes and teams go to www.coreadvantage.com.au

You can also find us on [Facebook](#) for regular updates with new videos posted every week.

PHASE 1 - ROLLING FOR MYOFASCIAL RELEASE

Hip with Leg Up

Right hip, right leg up, tilt right.



Reverse 3/4 Quad

Drop & pop, full length, no elbows.



Lateral Quad / ITB

Drop & pop, full length, no elbows.



3/4 Turn Quad

Drop & pop, full length, no elbows.



Full Quad

Drop & pop, full length, no elbows.



Adductor

On your front, knee at 90°.



Calves

Looking for trigger points, medial in particular.



Back / Thoracic

Never roll your neck or lower back. Support the neck with the hands, keep the hip on the ground, open up over the roller targeting tight areas.



Roll each position for 8 reps, left and right side

PHASE 2 - GENTLE RESTORATIVE STRETCHING

Restorative Stretching

Gently hold each stretch for 25 seconds.
To save time do all the stretches with the right foot forward
then swap to left foot forward.

Crouching Adductor

Back leg out long, chest on thigh,
hands resting on the floor.



Kneeling Hip Flexor

Belly button in, butt tucked under,
squeeze the glute then move hips
forward. Keep hips square.



Lying Glute

Back leg long, hips square, chest over
knee.



Repeat for opposite leg

Free Stretch (Individual Needs)

PHASE 3 - TARGETED MUSCLE ACTIVATION

Glute Lifts

(1 set of 20 reps alternating)

Chin must be resting on hands.

Driving with the glutes, lift the leg a couple of centimetres of the ground, alternate left with right up to 20 reps.



Bridge

(1 set of 10 reps)

Gently draw in belly button, tuck the butt under, drive with the glutes until the hips lock out.



Squat

(1 set of 10 reps)

Feet hip width & turned out 1°, tear the ground apart, sit back into your squat keeping your chest up tall. NB don't squat too low and never squat through knee pain.



PHASE 4 - MOVEMENT SKILL TRAINING

High Hip Stride Outs

[Up to half court]



High Hip Skips

[Back]



Piston Run

[Up to half court]



45 Cutting

[Up and Back]



Lateral Push Step

[Up and Back]



Agility Hops

[In place on baseline]



Arabesques

[with bent Stance leg]



Approach Jumps With Ninja Landing

[Back]



Run Throughs

[at 60%,70%,80%,90%]

