






Neurodynamic Warm Up






Exercise		Length	Instructions
High Knees		45 sec	Jog forward bringing knees to chest
Butt Kicks		45 sec	Jog forward bringing heels to butt
Side Shuffle		45 sec	Shuffle feet laterally
Straight leg kick		45 sec	Step forward, kicking leg straight out in front.
Bounding		2x30 sec	Push off your left foot, jumping and landing on right foot. Repeat as you move in a forward direction.

For more information visit nicklauschildrens.org/sportshealth or contact 786-624-5110.



SportsHealth

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<p>Bear Crawl</p>		<p>2x30 sec</p>	<p>Assume a hands and knees position with knees lifted off ground. Slowly crawl in a forward direction.</p>
<p>Single leg RDL</p>		<p>2x30 sec</p>	<p>Stand on one leg with knee slightly bent. Without bending your knee more, hinge at your hips and tip forward until your torso is parallel to the floor. Return to start.</p>
<p>Double leg jump Side to Side</p>		<p>2x30 sec</p>	<p>Start in an athletic stance with feet shoulder width apart. Jump side to side keeping knees in line with your feet as you propel yourself side to side.</p>
<p>Double leg jump Front/back</p>		<p>2x30 sec</p>	<p>Start in an athletic stance with feet shoulder width apart. Jump forward and backward keeping knees in line with your feet as you propel yourself forward.</p>
<p>Double leg to single leg hop</p>		<p>2x30 sec</p>	<p>Start in an athletic stance with feet shoulder width apart. Jump off both legs, landing on only one foot. Keep knee in line with your foot and ensure a soft landing.</p>

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