

ULTIMATE

Kick-Start Warm-Up System



By Dr. Craig Stover

18 Exercises To Prepare Your Athlete
To Perform At Top Level EVERY Day

Movement Prep and Activation - Day 1

- A15
- Superman, 10x - smash your pelvis to the ground
- Mtn Climbers, 10x each leg
- Saigon Squat, 6 sec - use elbows to shove knees out
- Squats 10x - cross elbows - chest high
- A Skip
- Backstop with a drop - get your knees up
- V-ups 10x - lift your shoulders off the ground
- Fire hydrant - full range of motion - pause at top
- V skip - kick your toes high
- Stride 65%
- Reverse Twist - arms in T, don't let ankles touch
- Target Target - lift your butt up, pause at the top
- Karaoke - move sideways
- Lunge - kiss your knee to the turf, every step
- Tippy toes
- Pike jump
- 360 each way
- Cut-Aways 10x - throw arms out and pop off ground
- Forward and back, side to side - quick quick quick
- Standing Long Jump 10x
- Spinning every 5
- Cut-aways 10x
- Skater 10x
- Springs 10x
- Clap push up 5x
- Acceleration 65/80, 65/90, 65/100
- Water

Movement Prep and Activation - Day 2

- A15
- Superman, 10x - smash your pelvis to the ground
- Mtn Climbers, 10x each leg
- Saigon Squat, 6 sec - use elbows to shove knees out
- Squats 10x - cross elbows - chest high
- A Skip
- Back pedal - keep your butt down
- V-ups 10x - lift your shoulders off the ground
- Fire hydrant - full range of motion - pause at top
- V skip - kick your toes high
- Jump 4 Hit bring knees to chest
- Reverse Twist - arms in T, don't let ankles touch
- Target Target - lift your butt up, pause at the top
- Sideways Jumping Jacks - move sideways
- Split squat jumps - 6x
- Tippy toes
- Pike jump 2x
- 360 each way
- Cut-Aways 10x - throw arms out and pop off ground
- Standing Long Jump 6x
- High Knees and Butt Kicks
- Cut-aways 10x
- Skater 10x
- Springs 10x
- Jane Fonda 10x
- Spring Pushup 5x
- Acceleration 65/85, 65/90, 65/100
- Water

Movement Prep and Activation - Day 3

- A15
- Superman, 10x - smash your pelvis to the ground
- Mtn Climbers, 10x each leg
- Saigon Squat, 6 sec - use elbows to shove knees out
- Squats 10x - cross elbows - chest high
- A Skip
- Back pedal - keep your butt down
- V-ups 10x - lift your shoulders off the ground
- Fire hydrant - full range of motion - pause at top
- V skip - kick your toes high
- Bound
- Reverse Twist - arms in T, don't let ankles touch
- Target Target - lift your butt up, pause at the top
- Knuckle Shuffle - move sideways
- One-legged hop R/L
- Skip 4 Hit
- Tippy toes
- Lunge - don't walk between - every step
- Alternating Sideways Jumping Jacks - move sideways
- Cut-Aways 10x - throw arms out and pop off ground
- Standing Long Jump 6x
- High Knees and Butt Kicks
- Cut-aways 10x
- Rockets for each leg
- Jane Fonda 10x
- Cut aways 10x
- Acceleration 65/75, 65/85, 65/100
- Water