

Sample Warm-Ups by Population

**Created in Association with
*Assess and Correct:
Breaking Barriers to Unlock Performance***

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Disclaimer

The information in this book is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity. With that in mind, those participating in exercise programs should check with their physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly. The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.



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Athlete-Specific Warm-up Protocols

Featured below, you'll find two sample warm-ups for each of the following sports/scenarios:

Those with a history of lower back pain

Those with a history of shoulder pain

Those with a history of knee pain

Golf

Football – Position Players

Baseball/Swimming/Tennis/Football – Quarterbacks

Soccer/Hockey

Powerlifting/Weight-Training

Distance Running

Cycling

Triathlon

Basketball

Volleyball

Those who have limited warm-up space (Warm-up in a Phone Booth)

Those who sit at desks all day

Please keep in mind that these examples are not exhaustive lists of what drills we would use with these particular athletes/scenarios. Rather, they are general templates from which you can work when planning your own warm-ups based on the results of your self-assessment.

For example, if you are a baseball pitcher, quarterback, or volleyball player – all populations that are prone to dominant shoulder internal rotation deficits – you may see the side-lying cross-body stretch (15.1) in your warm-ups. If you find yourself "getting stale" with the examples featured below, you can simply refer to Category 15 on the DVD for examples of other drills – for instance, sleeper stretch (15.2), prone internal rotations (15.3), or dynamic blackburns (15.4) – to provide some variety while still getting you closer to your goals.

Good luck!

Bill, Eric, and Mike

History of Lower Back Pain

Option 1

Supine Straight-Leg Raise (1.1): 1x6/side
Kneeling Rock-Back (2.1): 1x6
Pulsed Hip Flexor Mobilization (3.1): 1x8/side
Lying Knee-to-Knee Pull-in (7.1): 1x8
Supine Bridge (8.1): 1x8
Side-Lying Clam (10.1): 1x8/side
Thoracic Extension on Roller (13.1): 1x6
Seated 90/90 Mobilization (5.1): 1x6/side
Wall Ankle Mobilization (12.2): 1x8/side

Option 2

Quadruped Extension-Rotation (13.3): 1x8/side
Rocking Ankle Mobilization (12.1): 1x8/side
Split-Stance Hip Swivel (5.4): 1x15s/side
Kneeling Glute Mobilization (6.1): 1x8/side
1-leg Supine Bridge (8.2): 1x8/side
Goblet Squat (2.3): 1x6
Wall March ISO Hold (8.3): 2x5s/side
Overhead Lunge Walk (3.3): 1x5/side
Hip Airplane (5.5): 1x5/side

History of Shoulder Pain

Option 1

Side-Lying Extension-Rotation (16.2): 1x8/side
Side-Lying Internal-External Rotation (16.2): 1x8/side
1-leg Supine Bridge (8.2): 1x8/side
Quadruped Chin Tuck (19.4): 1x5
Wall Ankle Mobilization (12.2): 1x8/side
No Money Drill (16.1): 1x8
Forearm Wall Slide (18.1): 1x6
Squat-to-Stand (2.2): 1x5
Reverse Lunge w/Posterolateral Reach (3.4)

Option 2

Side-Lying Cross-Body Stretch (15.1): 1x20s/side
Side-Lying Extension-Rotation (16.2): 1x8/side
Feet-Elevated Scap Push-up (14.2): 1x8
Rocking Ankle Mobilization (12.1): 1x8/side
Standing Chin Tuck (19.2): 1x8
Doorway Slide (17.4): 1x8
Bowler Squat (10.3): 1x8/side
High Knee Walk to Forward Lunge (1.4): 1x5/side
Walking Spiderman with Hip Lift (4.4): 1x5/side



History of Knee Pain

Option 1

Supine Straight Leg Raise (1.1): 1x6/side
Supine Bridge (8.1): 1x8
Pulsed Hip Flexor Mobilization (3.1): 1x8/side
Rocking Ankle Mobilization (12.1): 1x8/side
Lying Psoas March (11.1): 1x8/side
Lying Knee-to-Knee Pull-in (7.1): 1x8
Hip Abductor Wall Slide (9.1): 1x8/side
Seated 90/90 Mobilization (5.1): 1x6/side
Doorway Slide (17.4): 1x8

Option 2

1-Leg Supine Bridge (8.2): 1x8/side
Split-Stance Hip Swivel (7.2): 1x15s/side
Wall Ankle Mobilization (12.2): 1x8/side
X-Band Walk (9.2): 1x8/side
Hip Airplane (5.5): 1x5/side
Single Leg RDL (1.3): 1x5/side
Reverse Lunge with Posterolateral Reach (3.4): 1x5/side
Walking Spiderman with 1-arm Overhead Reach (4.5): 1x5/side
Standing Psoas Holds (11.4): 1x15s/side

Golf

Option 1

Supine Bridge (8.1): 1x8
Lying Knee-to-Knee Pull-in (7.1): 1x8
Thoracic Extension on Roller (13.1): 1x6
Side-Lying Cross-Body Stretch (15.1): 1x15s/side
Pulsed Hip Flexor Mobilization (3.1): 1x8/side
Wall Ankle Mobilization (12.2): 1x8/side
Seated 90/90 Mobilization (5.1): 1x6/side
Doorway Slide (17.4): 1x8
Walking Spiderman with 1-arm Overhead Reach (4.5): 1x5/side

Option 2

Wall Hip Flexor Mobilization (3.2): 1x8/side
Rocking Ankle Mobilization (12.1): 1x8/side
Quadruped Extension-Rotation (13.3): 1x8/side
Sleeper Stretch (15.2): 1x20s/side
Reach, Roll, & Lift (17.3): 1x6/side
Prone Windshield Wiper (17.5): 1x8
Split-Stance Broomstick Pec Mobilization (16.3): 1x6/side
High Knee Walk to Forward Lunge (1.4): 1x5/side
Hip Airplane (5.5): 1x5/side

Football – Position Players

Option 1

Supine Nod and Lift (19.3): 1x5
Kneeling Rock-Back (2.1): 1x6
Wall Hip Flexor Mobilization (3.2): 1x8/side
Lying Psoas March (11.1): 1x8/side
Yoga Push-up (13.4): 1x6
Wall Ankle Mobilization (12.2): 1x8/side
Bowler Squat (8.4): 1x8/side
X-Band Walk (9.2): 1x8/side
Walking Spiderman with 1-arm Overhead Reach (4.5): 1x5/side

Option 2

Quadruped Chin Tuck (19.4): 1x5
Feet Elevated Scap Push-up (14.2): 1x8
Split-Stance Hip Swivel (5.4): 1x15s/side
Rocking Ankle Mobilization (12.1): 1x8/side
Squat-to-Stand with Extension-Rotation (13.5): 1x4/side
Wall March ISO Hold (8.3): 2x5s/side
Side Bridge Wall Slide (9.3): 1x8/side
Overhead Lunge Walk (3.3): 1x5/side
Walking Spiderman with Hip Lift (4.4): 1x5/side

Baseball/Tennis/Swimming/Football Quarterbacks

Option 1

Side-Lying Cross-Body Stretch (15.1): 1x20s/side
Rocking Ankle Mobilization (12.1): 1x8/side
Prone Windshield Wiper (17.5): 1x8
Quadruped Extension-Rotation (13.3): 1x8/side
Wall Hip Flexor Mobilization (3.2): 1x8/side
Forearm Wall Slide (18.1): 1x6
Wall March ISO Hold (8.3): 2x5s/side
Walking Spiderman with Hip Lift (4.4): 1x5/side
Side-Lying Extension-Rotation with Perturbations (16.4): 1x8/side

Option 2

Sleeper Stretch (15.2): 1x20s/side
Lying Knee-to-Knee Pull-in (7.1): 1x8
1-leg Supine Bridge (8.2): 1x8/side
Split-Stance Kneeling Adductor Mobilization (4.2): 1x8/side
Knee-Break Ankle Mobilization (12.3): 1x8
Overhead Lunge Walk (3.3): 1x5/side
Bowler Squat (10.3): 1x8/side
Squat-to-Stand with Extension-Rotation (13.5): 1x4/side
Doorway Slide (17.4): 1x8

Soccer/Hockey

Option 1

Lying Knee-to-Knee Pull-in (7.1): 1x8
Rocking Ankle Mobilization (12.1): 1x8/side
Lying Psoas March (11.1): 1x8/side
Wall Hip Flexor Mobilization (3.2): 1x8/side
1-leg Supine Bridge (8.2): 1x8/side
Single Leg RDL (1.3): 1x5/side
Walking Spiderman with 1-arm Overhead Reach (4.5): 1x5/side
Scapular Wall Slide (17.1): 1x8
Hip Airplane (5.5): 1x5/side

Option 2

Doorway Slide (17.4): 1x8
Split-Stance Kneeling Adductor Mobilization (4.2): 1x8/side
Yoga Push-up (13.4): 1x6
Reach, Roll, & Lift (17.3): 1x6/side
Wall Ankle Mobilization (12.2): 1x8/side
Squat-to-Stand (2.2): 1x5
High Knee Walk to Forward Lunge (1.4): 1x5/side
Bowler Squat (10.3): 1x8/side
Cross-Behind Overhead Reverse Lunge (6.2): 1x5/side

Powerlifting/Weight-Training

Option 1

Lying Knee to Knee Pull-in (7.1): 1x8
Wall Hip Flexor Mobilization (3.2): 1x8/side
Kneeling Glute Mobilization (6.1): 1x8/side
Side-Lying Extension-Rotation (16.2): 1x8/side
Wall March ISO Hold (8.3): 2x5s/side
Knee-Break Ankle Mobilization (12.3): 1x8
High Knee Walk to Forward Lunge (1.4): 1x5/side
Walking Spiderman with Hip Lift (4.4): 1x5/side
Doorway Slide (17.4): 1x8

Option 2

Side-Lying Internal-External Rotation (16.2): 1x8/side
Supine Bridge (8.1): 1x8
Prone Windshield Wiper (7.15): 1x8
Yoga Push-up (13.4): 1x6
Rocking Ankle Mobilization (12.1): 1x8/side
Behind-the-Neck Band Pull-apart (17.2): 1x8
Overhead Lunge Walk (3.3): 1x5/side
Walking Spiderman with 1-arm Overhead Reach (4.5): 1x5/side
Single-leg RDL (1.3): 1x5/side

Distance Running

Option 1

Rocking Ankle Mobilization (12.1): 1x8/side
Lying Psoas March (11.1): 1x8/side
Supine Bridge (8.1): 1x8
Pulsed Hip Flexor Mobilization (3.1): 1x8/side
Push-up Plus (14.3): 1x6
Bent-over T-Spine Rotation (13.2): 1x5/side
Cradle Walk (5.2): 1x5/side
Overhead Lunge Walk (3.3): 1x5/side
Walking Spiderman with Hip Lift (4.4): 1x5/side

Option 2

1-Leg Supine Bridge (8.2): 1x8/side
Band Resisted Clam (10.2): 1x8/side
Split-Stance Hip Swivel (5.4): 1x15s/side
3-Point Extension-Rotation (13.3): 1x8/side
Wall Ankle Mobilization (12.2): 1x8/side
Standing Psoas Hold (11.4): 1x15s/side
Goblet Squat (2.3): 1x6
Single Leg RDL (1.3): 1x5/side
High Knee Walk to Forward Lunge (1.4): 1x5/side

Cycling

Option 1

Thoracic Extension on Roller (13.1): 1x6
Side-Lying Clam (10.1): 1x8/side
Pulsed Hip Flexor Mobilization (3.1): 1x8/side
Supine Bridge (8.1): 1x8
Seated 90/90 Mobilization (5.1): 1x6/side
Rocking Ankle Mobilization (12.1): 1x8/side
High Knee Walk to Forward Lunge (1.4): 1x5/side
Reverse Lunge with Posterolateral Reach (3.4): 1x5/side
Walking Spiderman with 1-arm Overhead Reach (4.5): 1x5/side

Option 2

Yoga Push-up (13.4): 1x6
Wall Ankle Mobilization (12.2): 1x8/side
Wall March ISO Hold (11.3): 2x5s/side
Scapular Wall Slide (17.1): 1x8
Cradle Walk (5.2): 1x5/side
Single Leg RDL (1.3): 1x5/side
Overhead Lunge Walk (3.3): 1x5/side
Walking Spiderman (4.3): 1x5/side
Bowler Squat (10.3): 1x8/side

Triathlon

Option 1

Thoracic Extension on Roller (13.1): 1x6
Side-Lying Cross-Body Stretch (15.1): 1x20s/side
Supine Bridge (8.1): 1x8
Rocking Ankle Mobilization (12.1): 1x8/side
Cradle Walk (5.2): 1x5/side
High Knee Walk to Forward Lunge (1.4): 1x5/side
Walking Spiderman with 1-arm Overhead Reach (4.5): 1x5/side
Single Leg RDL (1.3): 1x5/side
Scapular Wall Slide (17.1): 1x8

Option 2

Lying Psoas March (11.1): 1x8/side
Wall Hip Flexor Mobilization (3.2): 1x8/side
1-Leg Supine Bridge (8.2): 1x8/side
3-Point Extension-Rotation (13.3): 1x8/side
Wall Ankle Mobilization (12.2): 1x8/side
Squat-to-Stand (2.2): 1x5
Overhead Lunge Walk (3.3): 1x5/side
Walking Spiderman with Hip Lift (4.4): 1x5/side
Doorway Slide (17.4): 1x8

Basketball

Option 1

Thoracic Extension on Roller (13.1): 1x6
Supine Bridges (8.1): 1x8
Supine Straight Leg Raise (1.1): 1x6/side
Pulsed Hip Flexor Mobilization (3.1): 1x8/side
Rocking Ankle Mobilization (12.1): 1x8/side
Seated 90/90 Mobilization (5.1): 1x6/side
Scapular Wall Slide (17.1): 1x8
High Knee Walk to Forward Lunge (1.4): 1x5/side
Walking Spiderman with 1-arm Overhead Reach (4.5): 1x5/side

Option 2

1-Leg Supine Bridge (8.2): 1x8/side
Split-Stance Hip Swivel (7.2): 1x15s/side
Side-Lying Internal-External Rotation (16.2): 1x8/side
1-leg Scap Push-up (14.5): 1x6
Standing Psoas Hold (11.4): 1x8/side
Wall Ankle Mobilization (12.2): 1x8/side
Single-Leg RDL (1.3): 1x5/side
Reverse Lunge with Posterolateral Reach (3.4): 1x5/side
Hip Airplane (5.5): 1x5/side

Volleyball

Option 1

Side-Lying Clam (10.1): 1x8/side
Supine Bridge (8.1): 1x8
Thoracic Extension on Roller (13.1): 1x6
Sleeper Stretch (15.2): 1x20s/side
Wall Hip Flexor Mobilization (3.2): 1x8/side
Rocking Ankle Mobilization (12.1): 1x8/side
No Money Drill (16.1): 1x8
Cross-Behind Overhead Reverse Lunge (6.2): 1x5/side
Single-leg RDL (1.3): 1x5/side

Option 2

1-Leg Supine Bridge (8.2): 1x8/side
Dynamic Blackburn (15.4): 1x6
Supine No Money with Band (16.5): 1x15s
Wall Ankle Mobilization (12.2): 1x8/side
Bowler Squat (10.3): 1x8/side
Squat-to-Stand with Extension-Rotation (13.5): 1x4/side
High Knee Walk (1.2): 1x5/side
Reverse Lunge with Posterolateral Reach (3.4): 1x5/side
Walking Spiderman with Hip Lift (4.4): 1x5/side

In-Place Warm-up: Mobility in a Phone Booth!

Option 1

Lying Knee-to-Knee Pull-in (7.1): 1x8
Supine Bridge (8.1): 1x8
3-Point Extension-Rotation (13.3): 1x8/side
Quadruped Chin Tuck (19.4): 1x5
Yoga Push-up (13.4): 1x6
Scapular Wall Slide (17.1): 1x8
Squat-to-Stand (2.2): 1x5
Reverse Lunge w/Posterolateral Reach (3.4): 1x5/side
Hip Airplane (5.5): 1x5/side

Option 2

Side-Lying Cross-Body Stretch (15.1): 1x20s/side
Pulsed Hip Flexor Mobilization (3.1): 1x8/side
Kneeling Glute Mobilization (6.1): 1x8/side
Split-Stance Kneeling Adductor Mobilization (4.2): 1x8/side
Reach, Roll, and Lift (17.3): 1x6/side
Rocking Ankle Mobilization (12.1): 1x8/side
Bent-Over T-Spine Rotation (13.2): 1x5/side
Cross-Behind Overhead Reverse Lunge (6.2): 1x5/side
Bowler Squat (10.3): 1x8/side

The Desk Jockey Warm-up

Option 1

Supine Bridge (8.1): 1x8
Thoracic Extension on Roller (13.1): 1x6
Wall Hip Flexor Mobilization (3.2): 1x8/side
3-point Extension-Rotation (13.3): 1x8/side
Knee-Break Ankle Mobilization (12.3): 1x8
Walking Spiderman with 1-arm Overhead Reach (4.5): 1x5/side
Single-leg RDL (1.3): 1x5/side
Doorway Slides (17.4): 1x8
Standing Psoas Holds (11.4): 1x15s/side

Option 2

Side-Lying Internal-External Rotation (16.2): 1x8/side
Rocking Ankle Mobilization (12.1): 1x8/side
Quadruped Chin Tuck (19.4): 1x5
Yoga Push-up (13.4): 1x6
Split-Stance Kneeling Adductor Mobilization (4.2): 1x8/side
Supine No Money with Band (16.5): 1x15s
Bent-Over T-Spine Rotation (13.2): 1x5/side
High Knee Walk to Forward Lunge (1.4): 1x5/side
Hip Airplane (5.5): 1x5/side