



Pickle Ball & Tennis Dynamic Warm-up



Arm Circles: *Warms the shoulder joint and muscles*
Stand with your feet shoulder width apart, toes pointing forward. Arms stretched out to the side, shoulder level. Circle arms forward in a circle. Perform 20 reps. Repeat going the opposite direction.



Star Touch: *Improves hamstring and glute flexibility*
Stand with your feet wide, toes pointing forward. Keeping your legs straight, reach your left hand across your body and try to touch your right toe. Return to center. Repeat on the other side. Do 8 to 10 on each side.



Standing Oblique Twist: You can do this with your paddle instead of a light weight. Stand with feet a little wider than hip width. While keeping feet planted, brace your core and twist from left to right as pictured above. Perform 20 full reps (or 10 twisting to each side).



Wrist Flexion Stretch: *Improves forearm and wrist flexibility*
Stretch right arm out in front of you. Grab your right fingers with your left hand and pull back, flexing palm to face out in front of you, until you find some resistance and to where is comfortable. Hold for 15 seconds. Repeat on the opposite side.

2nd Stretch: Stretch right arm out in front of you. Grab your right fingers with your left hand and bend your hand downward, palm facing away from you and hold with your until you find some resistance and to where is comfortable. hold for 15 seconds. Repeat on the opposite side.



Note: You can also do these exercises with your palms facing toward you. (Wrist extension stretch).

Stay injury free by performing these exercises before every game.



Toy Soldier: Warms up glutes, hamstrings and quads. Without bending your knee, step forward and kick your right leg out and up to waist level (or wherever comfortable). Extend your left arm at the same time, as if to touch your foot. Release and switch sides. Perform 10 reps on each leg.



Quick Feet: To improve quickness and movement of the legs and feet. Move feet quickly, up and down as fast as you can in place for 20-30 seconds. If you can, try to take this pattern up and down the court.



Behind Kicks: Bring your knee forward in front of you as you would in a high knee, then bring your heel to meet your hamstring for a butt kick. Perform kicks going up and down the court.



Knee & Arm Drives: As you are walking, lift your knee high in front of you and at the same time drive the opposite arm up in the air. Keep repeating this on each side almost like a very exaggerated walk. Do this up and down the court.

Walking Lunge: Promotes hip mobility and Achilles tendon flexibility. Step your right foot forward into a lunge, making sure your knee doesn't extend past your toes. Stand up and lift left knee as far as waist high and land in front of you on left foot. Keep repeating to go up and down court.



Knee Grabs:

While holding onto a chair or bench with your left hand, grab your right knee with your right hand. Pull knee into chest and set your foot back down. Repeat on the opposite side. Perform 5 reps on each side. If you have the balance, try this exercise walking down the court.

