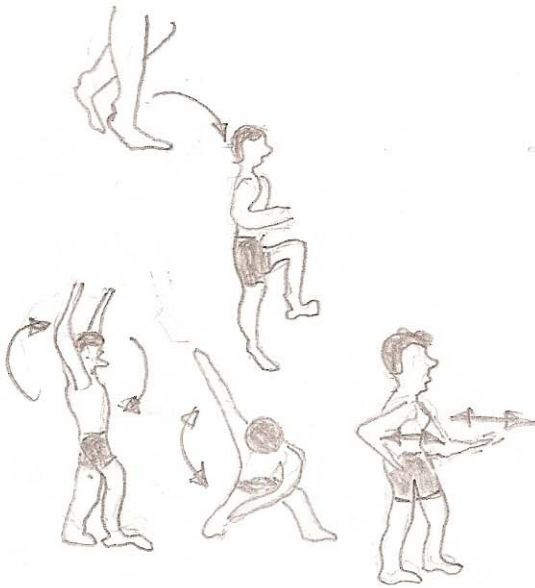


CSP 2009 CONFERENCE WARM UP PRIOR TO PLYOMETRICS

Because plyometrics can involve deep flexing of muscles it is essential to warm up dynamically and carry out strength exercises BEFORE plyometrics. Here are a few sample exercises.



ANKLE RAISE is aimed to flex all of the muscles in the foot and calf. By walking with an emphasised heel lift and small steps the speed can be built up to a near trot.

HIGH KNEES are an extension of the ankle raise, driving upwards, small steps, incorporate a running type arm action

UPPER BODY MOBILITY.
Forward and reverse arm rotation.

Feet apart, bend forwards and swing the arms vigorously from opposite foot to above the head.

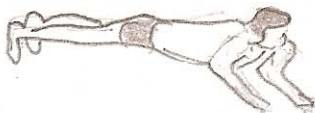
Shunt the arms vigorously backwards and forwards



STATIC LUNGE Take as large a step as possible. Bring the rear knee close to the ground and keep the forward leg vertical. Rise up and down 10 times before changing legs.



THE LEE EVANS is good for core strength. Sit on you bum, legs out straight and off the ground, hands on the ears. Pump one leg ten times and then the other. Turn over & do 10 press-ups. Back on your bum, arms out sideways and repeat leg action then press-ups. Finally, on your bum again, arms vertical and repeat leg action. Finish with press-ups.



TRICEP PRESS-UPS are done with the hands close together. Alternatives include having your feet on a chair or holding your hands part way up a wall.



CORE BLIMEY. Press up position, zip in your abdominals then lift one arm and hold 10-20 seconds, down, then the other arm. Alternatively raise one leg and the

diagonally opposite arm.