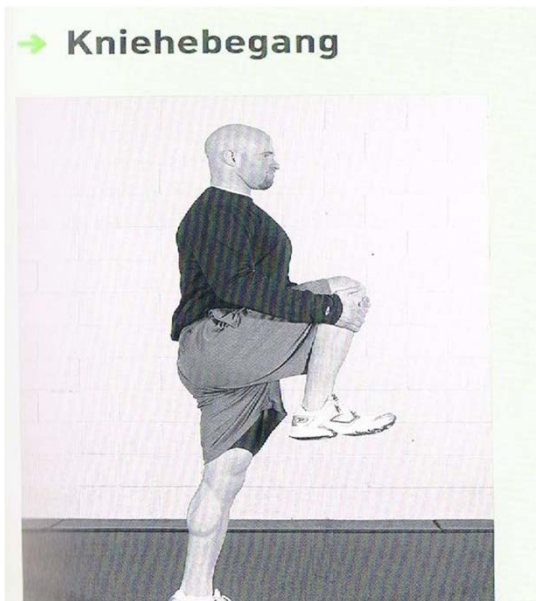


Movement Prep

1. Kniehebegang



2. Spiderman bzw. Ausfallschritt vorwärts mit Ablegen des Ellenbogens & Rotation



Movement Prep

FORWARD LUNGE/ FOREARM-TO-INSTEP A.k.a. "World's Greatest Stretch"

UNIT:

Movement Prep.

OBJECTIVE:

To improve flexibility in your hips, hamstrings, lower back, torso, groin, hip flexors, and quads.

STARTING POSITION:

Take a large step forward with your left leg, as if doing a lunge. Place and support weight on your right hand, even with your left foot.

PROCEDURE:

Take your left elbow and reach down to your instep (forward leg) while keeping your back knee off the ground. Then move your left hand outside your left foot and push your hips straight to the sky, pulling your toe up toward your shin. Finally, step forward into the next lunge.



3. Standwaage

INVERTED HAMSTRING

UNIT:

Movement Prep.

OBJECTIVE:

To improve hamstring flexibility and balance, along with dynamic pillar stabilization.

STARTING POSITION:

Balance on your right foot with perfect posture (tummy tight, shoulders back and down).

PROCEDURE:

Bending at the waist, and maintaining perfect posture, grab your right foot with your left hand, extending your left leg back as you fire the left glute. (You might find it easier to extend forward with both hands out, as shown, rather than while grabbing a foot.) Your shoulder and heel should move as one, forming a straight line. Take a step back at the end of each rep as you alternate legs.

COACHING KEY(S):

Your body should be in a straight line from ear to ankle. Keep your back and pelvis flat! Someone should be able to place a broomstick snugly across your back.

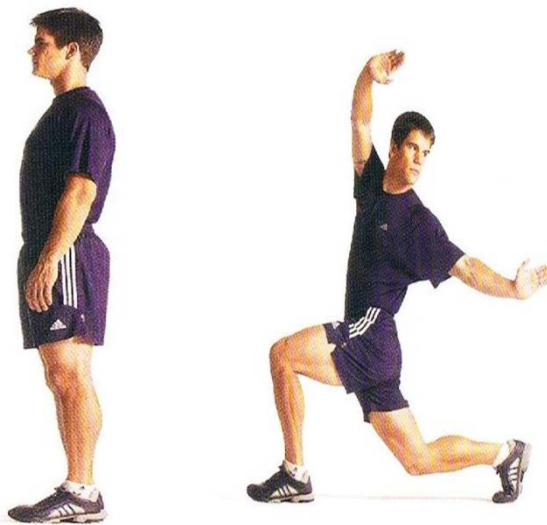
YOU SHOULD FEEL:

A stretch in your hamstrings.

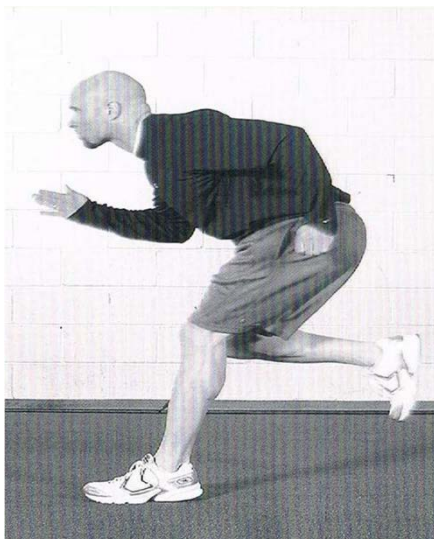


Movement Prep

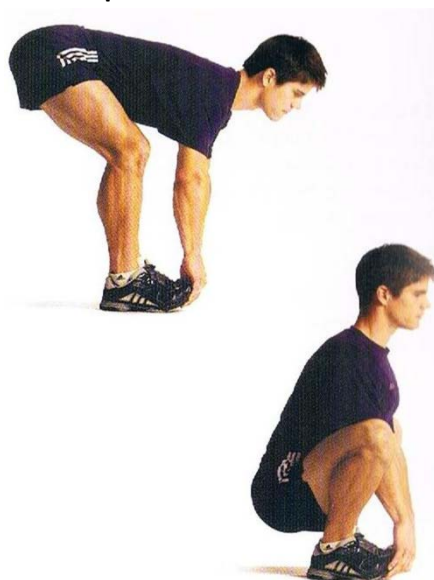
4. Ausfallschritt rückwärts mit Rotation



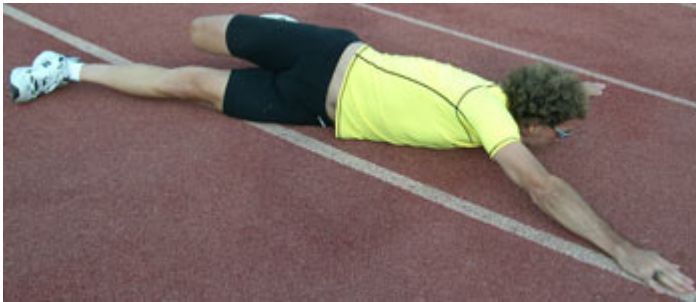
5. Rückwärtspedalieren



6. Sumo Squat



7. Scorpion



SCORPION

UNIT:

Movement Prep.

OBJECTIVE:

To lengthen and strengthen the muscles of your core; stretch your chest, quads, hips, and abs; and activate your glutes.

STARTING POSITION:

Lie prone (belly-down) on the floor, with your arms and shoulders pinned in the "spread 'em!" pose.

PROCEDURE:

Thrust your left heel toward your right hand by firing your left glute while keeping your right hip glued to the ground. Alternate legs.

COACHING KEY(S):

Be sure to fire (squeeze) your glute as you thrust your heel.

YOU SHOULD FEEL:

A stretch in your quads and hip flexors, along with activation of your glutes.



8. Handwalk oder Raupe

HAND WALK

A.k.a. "World's Second-Greatest Stretch"

UNIT:

Movement Prep.

OBJECTIVE:

To build stability in your shoulders and core and to lengthen your hamstrings, calves, and lower-back muscles.

STARTING POSITION:

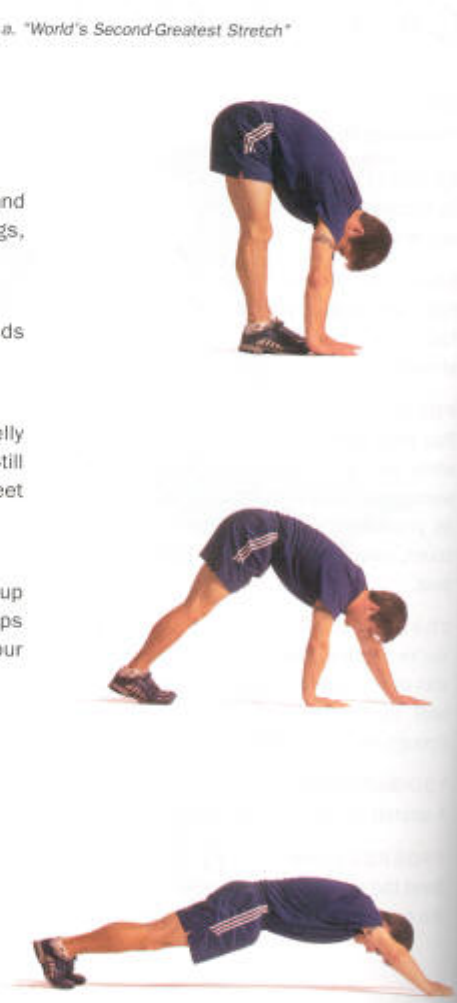
Stand with your legs straight and hands on floor.

PROCEDURE:

Keeping your legs straight and belly button drawn in, walk your hands out. Still keeping your legs straight, walk your feet back up to your hands.

COACHING KEY(S):

Use short "ankle steps" to walk back up to your hands. That is, take baby steps using only your ankles—don't use your knees, hips, or quads.



9. Ausfallschritt seitlich

LATERAL LUNGE

UNIT:

Movement Prep.

OBJECTIVE:

To open up the muscles of your groin and hips. Also to hold pillar strength as you sit back and down.

STARTING POSITION:

Stand with perfect posture.

PROCEDURE:

Step out to the right, keeping your toes pointed straight ahead and feet flat. Squat by sitting back and down onto your right leg, keeping your left leg straight and the weight on the right leg's midfoot to heel. Squat as low as possible, keeping your left leg straight and holding this position for 2 seconds. Return to the standing position and repeat.

COACHING KEY(S):

Keep your feet pointed straight ahead and flat throughout.

YOU SHOULD FEEL:

A stretch in the inside of your thigh.



Movement Prep

10. Einbeinstand mit angewinkeltem Knie



11. gestrecktes Beinheben („Marschieren“)

