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Athletic Performance

TECHNIQUES EXPLANATION – DYNAMIC WARM UP

3 Way Hip / Glute: These are stationary movements. Each movement is performed in a quadruped position, on your hands and knees with elbows fully extended directly under your shoulders and knees directly under your hips. Make sure to roll your hips forward and try to maintain a flat low back position throughout each movement. *Donkey kick:* Extend one leg directly back from your hip. At the end the movement there should be a straight line from the ankle through the knee and hip to the same side shoulder. Perform the desired number of repetitions and then repeat with the opposite leg. *Fire hydrant:* While maintaining a 90 degree knee bend, abduct your hip to raise the knee to hip level. Perform the desired number of repetitions and then repeat with the opposite leg. *Knee circles:* Circle your knee toward the same side shoulder through a maximum range of motion. Perform the desired number of repetitions and then repeat on the opposite leg.

Press Up: This is a stationary movement. Start by lying on your stomach with your legs fully extended and hands placed just in front of your shoulders. Gradually extend your elbows to raise the shoulders as high as possible, extending your lower back. Be sure to keep your hips planted firmly on the floor. Return to the starting position and repeat for the desired number of repetitions.

Scorpion: This is a stationary movement. Start by lying on your stomach with your arms fully extended laterally from the shoulder and hands placed palms down. Rotate your right foot across the body up to your left hand. Return to the starting position and repeat movement to the opposite side. Continue for the desired number of repetitions.

Squat: This is a stationary movement. Stand upright with your feet just outside of your hips or under your shoulders and arms extended in front of your body. Make sure your toes are pointed straight ahead. Initiate the downward movement by pushing your hips back, then continue to sit back and down until your upper leg is parallel to the floor. Return to upright position by driving through your heels to extend the knees and hips. Repeat for the desired number of repetitions. This movement can be performed using a variety of arm positions, including across the chest or extended overhead.

Knee Hugs: This is a walking movement. Begin by standing upright and raising one knee as high as possible in front of your body. Using both hands, grab the shin of your raised leg and pull the knee up and into your chest and simultaneously rise up to your toe on the down foot. Focus on keeping your torso upright and your toe pulled up at your shin. Work to maintain balance and stability on your down leg. Step through and repeat on the opposite side and continue for the desired number of repetitions.

Quad Pull: This is a walking movement. Begin by standing upright and pulling one heel to the backside of your body. Grab the top side of the elevated foot with your same side hand and pull heel to your backside. Focus on keeping your torso upright and work to maintain balance and stability on your down leg. Step through and repeat on the opposite side and continue for the desired number of repetitions.

Alternating Lateral Lunge: This is a stationary movement. Begin by standing in an upright position with your hands folded under your chin. Step laterally to one side. Push your hips back and down until the top of your step leg is parallel to the floor, at which point your opposite leg should be full extended. Be sure to keep both feet flat and toes pointed straight ahead. Push through your heel to return to an upright position, balanced and stable on the leg opposite of the original movement. Set your foot down and repeat to opposite side and continue for the desired number of repetitions.

Forward Hip Rotations: This is a walking movement. Begin by standing in an upright position with your elbows bent and hands around your ears. Step forward on one leg. Abduct the hip and then rotate forward through a full range of motion to midline of your body. At the end of the rotation your knee should be in front of your body with your upper leg parallel to the floor, heel under the knee and toe pulled up to your shin. Focus on keeping your torso upright and work to maintain balance and stability on your down leg. Step through and repeat on opposite side and continue for the desired number of repetitions.

Backward Hip Rotations: This is a walking movement. Begin by standing in an upright position, elbows bent and hands around your ears. Step backward on one leg. Elevate the opposite knee in front of your body until your upper leg is parallel to ground with your heel under the knee and toe pulled up to your shin. Rotate your knee backward into abduction through full range of motion. Focus on keeping your torso upright and work to maintain balance and stability on your down leg. Step through and repeat on the opposite side and continue for the desired number of repetitions.



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Hip Cradle: This is a walking movement. Begin standing in an upright position. Elevate one knee in front of body. Externally rotate the hip and pull your heel upward. Place same side hand on the front of the shin and the opposite hand under the ankle. Pull leg up and into chest. Keep torso upright and work to maintain balance and stability on ground leg. Step through and repeat on opposite side, continue for the desired number of repetitions.

Backward Lunge w/ Rotation: This is a walking movement. Begin standing in an upright position. Take a long backward stride with one leg and drop your hips into a lunge position, keeping both toes straight and your front knee to outside edge of the foot. While maintaining an upright torso, rotate your shoulders toward the front leg and reach your opposite arm up and away from your body. Push through the heel of your front leg to return to a single leg standing position. Work to establish balance and stability on the original stride leg. Repeat on the opposite side and continue for the desired number of repetitions.

Toe Touches: This is a walking movement. Begin standing in an upright position. Take a small step forward with one leg and pull your toe up to your shin. Keeping the knee of the step leg slightly bent, drop your torso forward and push your hips back. Reach across your body and touch the toe of the step leg with the opposite hand. Return to a standing position, step through with your opposite leg and repeat. Continue for the desired number of repetitions.

Inverted Hamstring: This is a walking movement. Begin standing in an upright position. Take a small step forward with one leg. Pick up the opposite foot to establish a balanced and stable single leg stance. While keeping the knee of the ground leg slightly bent, invert your body by dropping your chest forward and kicking the opposite leg straight back. Once you have established balance and stability in the inverted position, reach both arms overhead or abduct to your sides and extend your opposite leg straight back. Work to maintain body control as you return to a single leg standing position, then step through and repeat on the opposite side. Continue for the desired number of repetitions.

Frankenstein: This is a walking movement. Begin standing in an upright position, both arms fully extended in front of your body. Take a small step forward on one leg. While maintaining a straight leg, kick the opposite toe up to the same side hand and allow the leg to swing freely back to the original position. Work to maintain balance and stability on your ground leg throughout the entire movement. Step through and repeat on the opposite side and continue for the desired number of repetitions.

Inchworm: This is a crawling movement. Begin in an extended arm push up position with your hands just in front of your shoulders and your legs stiff with knees slightly bent. Walk your feet forward towards your hands using small ankle steps. Focusing on keeping your legs straight and pushing your heels into the floor as you step. Once an effective stretch position is obtained, keep your feet stationary and walk your hands forward to the original starting position. Continue for the desired number of repetitions.

Spiderman: This is a crawling movement. Begin in an extended arm push up position. Slide one hand forward as far as possible in front of the same side shoulder. Step your opposite leg to the outside of the trail arm, aligning the inside of your knee to the outside of your elbow and keeping your toe pointed straight ahead. To repeat the movement to the opposite side, simultaneously take three small hand steps, beginning with your trail hand. Extend the lead leg and step your trail leg outside the opposite arm, once again aligning the inside of your knee to the outside of your elbow. Focus on keeping your hips as low to the floor as possible throughout the entire movement. Continue for the desired number of repetitions.

Elbow to Instep Lunge: This is a walking movement. Begin standing in an upright position. Take a long forward stride with one leg and drop your hips to a lunge position. Lean on your opposite arm and drop the same side elbow to instep of your stride leg, making sure to keep your knee directly over the ankle and toes pointed straight ahead. Square your shoulders by placing both hands on ground. Rock back by extending both legs simultaneously, pulling your front toe up towards the shin and pushing your back heel into the floor. Pull through the heel of your front leg to return to a single leg standing position. Work to establish balance and stability on the original stride leg. Repeat on the opposite side and continue for the desired number of repetitions.

Shuffle w/ Arm Swing: Perform an easy effort lateral shuffle while swinging your arms from the shoulder for the desired distance to each side. Focus on keeping your hips back and toes pointed straight ahead of your body throughout the movement.

Carioca: Perform an easy effort, long stride carioca for the desired distance to each side. Focus on range of motion through the hips.

Skips: Perform an easy effort forward skip for the desired distance, followed directly by an easy effort backward skip for the same distance.

HAVE A QUESTION? Call the XL Athletic Performance Staff at (920) 430-4722 for help.