



SRV Warm Up Routines

Warm Up Routine 1						
Exercises	Reps and Sets	Type	Key Area	Start Position	Finish Position	Video
Knee Rolling	10-15 Reps each side	Dynamic Mobility	Spine			https://youtu.be/x6eZGf-aWo
3D Hamstring Kick	8-10 Reps each side (All directions = 1 Rep)	Dynamic Mobility	Hip			https://youtu.be/u3OwS1Q1miw
Glute Stretch and Roll	10-15 Reps each side	Dynamic Mobility	Spine			https://youtu.be/04oiMlY5rY
Glute Bridge w/ Reach	8-10 Reps each side	Dynamic Mobility	Spine			https://youtu.be/OK2s43gRuMc
Cat Camel Stretch	8-10 Reps	Dynamic Mobility	Shoulder/Spine			https://youtu.be/VPqBPZFb3M
Press Up Lunge Rotation	10-12 Reps each side	Dynamic Mobility	Hip			https://youtu.be/60sfSFzS4E
Kneeling Adductor Stretch	10-12 Reps each side	Dynamic Mobility	Hip			https://youtu.be/xSU98ARC3Pw
Down Dog to Pigeon Stretch	10-12 Reps each side	Dynamic Mobility	Hip			https://youtu.be/7Gkt8zrO7Zc
Squat Hold w/ Rotation	10-15 Reps each side	Dynamic Mobility	Hip			https://youtu.be/Qo38X5Ty8DY
Drop Squats	8-10 Reps	Potentiation	Lower Body			https://youtu.be/KBv5DhNB2Nc
Squat Jump	5-6 Reps	Potentiation	Lower Body			https://youtu.be/6kSCy-nTxFU



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Warm Up Routine 2						
Exercises	Reps and Sets	Type	Key Area	Start Position	Finish Position	Video
Eagle Stretch	10-15 Reps each side	Dynamic Mobility	Shoulder/Spine			https://youtu.be/BS9iTOGMuvk
Knee Hug and Roll to Hammie	8-10 Reps each side	Dynamic Mobility	Hip			https://youtu.be/NG1HQ6NePwA
Scorpion Stretch	10-15 Reps each side	Dynamic Mobility	Spine			https://youtu.be/MSIQiy2_3fo
Childs Pose to Up Dog	8-10 Reps	Dynamic Mobility	Shoulder/Spine			https://youtu.be/nTl8otLyQZ0
3D Glute Stretch	8-10 Reps each side (All directions = 1 Rep)	Dynamic Mobility	Hip			https://youtu.be/Nl9oL01SunY
Hip Flexor to Hammie	10-12 Reps each side	Dynamic Mobility	Hip			https://youtu.be/nQsKkIv5J4
3 Point Bridge	10-12 Reps each side	Dynamic Mobility	Hip/ Spine			https://youtu.be/wwu1xtn3JCc
Down Dog w/ Ankle Tap	10-12 Reps each side	Dynamic Mobility	Hip			https://youtu.be/qWBBDmzXW08
Squat Hold w/ Knee Push	10-15 Reps each side	Dynamic Mobility	Hip			https://youtu.be/0EiZeuYQ980
Lunge and Reach	10-12 Reps	Dynamic Mobility	Hip/Spine			https://youtu.be/Okiv2hTpdjM
Drop Squats	8-10 Reps	Potentialion	Lower Body			https://youtu.be/KBv5DhNB2Nc
Drop Squat from Box	5-6 Reps	Potentialion	Lower Body			https://youtu.be/7Z-LOBvdNM0