









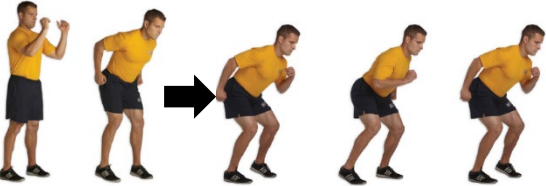

Standardized PRT Warm-Up

<u>Exercise</u>	<u>Picture</u>	<u>Description</u>	<u>Time/Repetitions</u>
90/90 Stretch		<ul style="list-style-type: none"> • Lie on the deck on your left side in a fetal position, with your legs tucked up to your torso at a 90 degree angle (a rolled-up towel between your knees is acceptable). Keep both arms straight at a 90 degree angle to your torso. • Keeping your knees together and on the deck and your hips still, rotate your chest and right arm back to the right, trying to put your back on the deck. Exhale and hold for up to 3 seconds, then return to the starting position. Finish your repetitions, then switch sides and repeat. 	5 reps per side
Pillar Bridge		<ul style="list-style-type: none"> • Push up tall on your elbows & tuck chin so head is in line with body • Maintain a straight line from ears to ankle • Feet no wider than shoulder width apart 	20 sec or 10 echo count
Glute Bridge		<ul style="list-style-type: none"> • Laying on your back with feet shoulder width apart, lift hips to create a straight line from knees, hips, and shoulders • Keep back flat & torso engaged throughout the movement • Keep toes pulled up to your shins • Lower down and repeat 	10 reps or 5 military four-count
T's Bent Over		<ul style="list-style-type: none"> • Stand in an athletic position with arms in front at shoulder height, palms facing up • Retract your scapula then reach arms out to your sides along an arc until you feel a gentle stretch in your chest, actively engaging your posterior • Hold for 2 seconds, relax, and return to starting position 	10 reps or 5 military four-count





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Knee Hug		<ul style="list-style-type: none"> • Lift one leg off the ground & squat back & down on the opposite leg • Take hold just below your knee & pull towards your chest as you stand tall on the opposite leg • Keep your weight in the middle of your foot, chest up & contract the glute of your stance leg • Move with control & alternate sides each rep • Lower your leg to starting position and repeat with opposite leg to complete 1 rep 	5 reps per side or 10 military four-count
Reverse Lunge with Rotation		<ul style="list-style-type: none"> • While standing tall, lunge backwards with the left leg. Contract your back glute at the bottom of the lunge • Rotate your torso towards the direction of your forward leg • Keep chest up, don't let your back knee touch the ground • Alternate sides each rep 	5 reps per side or 10 military four-count
Heel-to-Glute with Reach		<ul style="list-style-type: none"> • Stand tall, lift one foot up and hold it with the same-side or opposite hand • Bring your heel to your glute as you reach overhead with the other arm, holding for 2-3 seconds • Lower your leg to starting position and repeat with opposite leg to complete 1 rep 	5 reps per side or 10 military four-count

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<u>Exercise</u>	<u>Picture</u>	<u>Description</u>	<u>Time/Repetitions</u>
Squats		<ul style="list-style-type: none"> • Squat hips back and down until thighs are parallel with deck • Return to standing by pushing through your hips • Keep your weight on your arches, not allowing your knees to collapse during the movement 	10 reps or 5 military four-count
Drop Squat to 2-inch Run		<ul style="list-style-type: none"> • Stand tall with arms bent 90 degrees, forearms pointed out • Lift feet slightly off the floor, throw elbows back, and drop into a squat, bending knees and pushing hips back • Move with speed and stick the landing • Run in place, moving your feet two inches off the ground as quickly as possible • Allow your arms to move slow and rhythmically • Continue for the prescribed number of reps 	2 reps (3 sec 2-inch run)
Drop Squat to High Knees		<ul style="list-style-type: none"> • Stand tall with arms bent 90 degrees, forearms pointed out • Lift feet slightly off the floor, throw elbows back, and drop into a squat, bending knees, and pushing hips back • Move with speed and stick the landing • Begin by lifting one knee up while you bring same side arm forward, opposite arm back • Drive your foot down, as opposite foot and knee lift and arms switch • Continue for the prescribed number of reps 	2 reps (3 sec high knees)

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Additional Suggested Warm-Up Exercises Before Cardio Event			
Inverted Hamstring		<ul style="list-style-type: none"> • Keep straight line from ear to ankle, hinge at the waist & elevate your leg behind you • When you feel a stretch, return to the standing position by contracting glute & hamstring • Keep stance leg slightly unlocked, back flat, & shoulders & hips parallel to ground • Complete reps, alternating sides 	5 reps per side or 10 military four-count resulting in 2 sec hold per rep
Leg Cradle		<ul style="list-style-type: none"> • Actively lift knee to your chest, placing one hand on knee & one under ankle • Pull leg to chest with both hands into a gentle stretch (up to 3-second hold) • During the movement, contract the glute of the stance leg • Complete reps, repeat on opposite side 	5 reps per side or 10 military four-count
Linear March		<ul style="list-style-type: none"> • Stand tall, arms at your sides, elbows bent 90 degrees • March forward lifting one knee up as you drive same side arm forward, opposite arm back • Drive your foot down and repeat the move, lifting opposite knee and switching arms • Continue marching for 10 yards to complete 1 rep 	10 reps per side or 10 yards
Squat Jump Countermovement to Stabilize		<ul style="list-style-type: none"> • Stand with feet slightly wider than shoulder-width apart, hands behind head • Sit down into a squat and immediately jump, extending your hips • Land softly in a squat and reset to starting position 	5 reps