

Baseball Warm Up Program

BREAK A SWEAT

For 5 to 7 minutes get your heart rate up with a light jog.

HIGH KNEES

Basic running straight ahead while bringing your knees up to at least hip height for 30 seconds. Keep shoulders, hips, knees and ankles facing forward, stay on toes.

BUTT KICKS

Similar to High Knees except that you keep your knees down and kick your heels towards your buns for 30 seconds. It is important to keep your knees down and keep the thigh perpendicular to the ground.

SIDE SHUFFLE

Assume an athletic position with your feet slightly wider than your shoulders, ankles, knees, and hips facing the same direction with your knees slightly bent and up on your toes. Pushing off your right leg, slowly step laterally to the left with your left leg then repeat for 10 to 20 steps and return facing the same direction. Make sure your feet don't touch or cross, and that your knees/ankles do not roll inward.



BACK PEDAL

Run backwards maintaining a slight forward lean (shoulders over toes). With each step backward, reach the leg back as far as you can to help stretch the front of the hip and warm up the back of the hip (sprinting muscles). Don't let the ankles swing to the outside. (30 sec.)

HIP OPENER

Put your left hand on your left knee and the right hand on your left shin, then pull both in towards your chest. (20 reps each leg)

FRANKENSTEIN MARCH

Keeping your left leg straight, keep it up in front of you as high as you can, trying to touch the fingertips of the opposite arm. Think of marching with a straight leg, this is great for increasing hamstring flexibility. Careful not to slump in your back, keep it as tall as you can. (x 20 reps each)

WALKING LUNGE

Step forward with your leg into a lunge position (toes, knees and shoulders facing forward, chest up tall). TECHNIQUE is most critical. Keep the toes, knees and shoulders facing forward and careful not to let the knee go inside of/or past the toes. (x 20 reps)

JUMPING JACKS

Start with arms at side and feet together.

SHOULDER CIRCLES

With arms out stretched to either side, make small circles 10x each direction. Next make medium sized circles, 10x each direction. Finally make large windmill circles, 10x each direction.

NECK SIDE BENDS & ROTATIONS

Tilt head left and right bringing ear toward each shoulder. Look over each shoulder 10x.

TRUNK ROTATION

Lying on back, bring both knees towards chest keeping feet and knees together, rock your knees side-to-side 10x.