

Pickleball Dynamic Warmup Program



Heel Raises with Overhead Reach

Stand with both arms by your side.

Simultaneously Raise up on your toes and reach up over your head toward your back.

Return to arms down past your hips and heels down in a fluid motion.

Repeat 10-20 times.



High Knee Walk

Stand with both arms by your side.

Lift one knee up towards your chest alternating as you walk forward.

Keep lower abdominals engaged with upright posture. Do not arch or round out your back.

Repeat 4 times for 10-20ft.

Glute Kick Walk

Start by taking a step forward.

Bend your opposite knee behind you trying to touch your heel to your glute alternating as you walk forward.

Make sure to keep the movement behind you and do not flex your hip.

Repeat 4 times for 10-20ft.



Toy Soldier Walk

Stand tall with arms overhead.

Begin movement by taking a step and swinging straight leg up towards same side hand or paddle. Alternate legs as you walk forward.

Keep core engaged and back straight.

Repeat 4 times for 10-20ft.



Barn Door Walk



Stand with both arms by your side.

Lift one knee up towards your chest and then swing it out to the side. Repeat as you walk forward.

Keep lower abdominals engaged with upright posture. Do not arch or round out your back.

Repeat 4 times for 10-20ft.

Squat with Reach

Stand with both arms by your side. Feet about hip width apart.

Reach your hands or paddle forward as you lower into a squat.

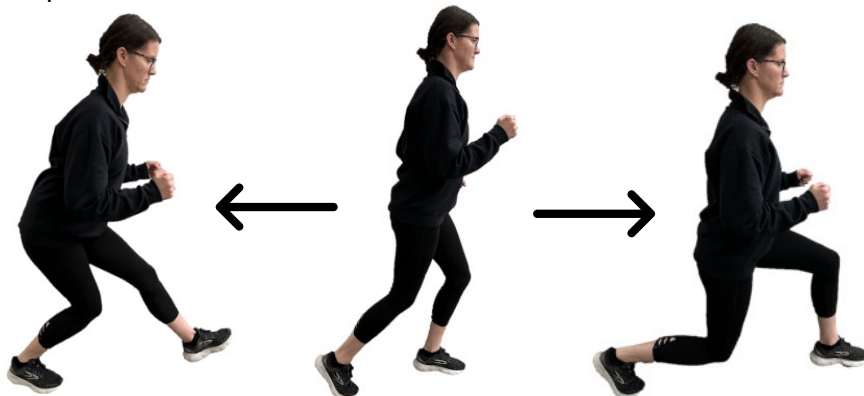
Keep lower abdominals engaged with upright posture. Do not arch or round out your back.

Repeat 10-20 times.



Forward and Reverse Lunge with Jog

Start by jogging forward, at the end of the 10-20ft drop into a forward lunge. Stand back up and begin jogging backward. At the end of the 10-20ft drop into a reverse lunge. Stand back up and jog forward again. Repeat 4 times for 10-20ft.



Lateral Lunge with Side Shuffle

Start shuffling to the right. At the end of the 10-20ft drop into a lateral lunge onto the left leg. Stand back up and begin shuffling to the left. At the end of the 10-20ft drop into a lateral lunge onto the right leg. Stand back up and shuffle back to the right. Repeat 4 times for 10-20ft.

