

Sample Short Dynamic Warm-Up for Softball

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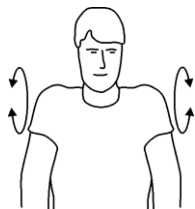
Dynamic Stretches – Do each exercises for 10-15 seconds

Jumping Jacks



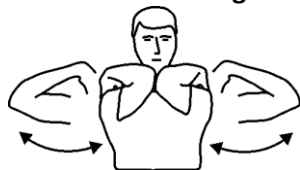
- Stand upright, arms at your sides, with palms facing forward, feet comfortably side by side.
- Jump and spread your legs slightly wider than shoulder width and while bringing both arms together over your head; land with feet spread.
- Jump again, bringing feet back together and hands down to your sides.
- Repeat.

Shoulder Rotations



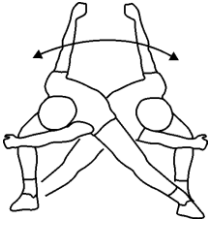
- Rotate shoulders slowly and smoothly—up, forward, down and back.
- Repeat.
- Reverse direction—up, back, down, forward.
- Repeat.

Horizontal Elbow Swing



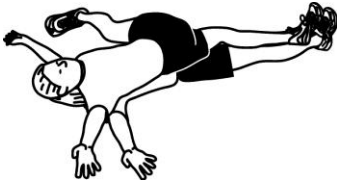
- Bring your hands to your shoulders and raise your elbows to shoulder level, as if showing off your biceps.
- Smoothly move your elbows toward each other, touching gently.
- Swing elbows back out to your sides.
- Repeat.

Bent Over Arm Swing



- Start in an athletic stance and bend forward at your hips (not your waist).
- Drive your right arm out and past your left knee while swinging your left arm as high as possible behind you.
- Rotate your trunk to reach out your left arm toward your right knee, raising your right arm as high as possible behind you.
- Repeat, alternating sides.

Iron Cross



- Lie flat on your back with your arms stretched out to the sides with palms facing upward.
- Slowly lift your right leg straight up, then roll over to your left side as close to your left hand as you can, keeping your right leg in line with your left arm.
- Roll back, lifting right leg up in air again.
- Slowly bring back down.
- Lift left leg in air and do the same on your right side.
- Repeat, alternating sides.

High Knees



- Stand up right, feet slightly apart.
- Hop onto left foot, lifting right knee high, so thigh is parallel to the ground with your feet flexed, and landing on the ball of your left foot.
- Hop onto right foot, lifting left knee high and repeat, shifting weight back and forth in a high-stepping jog. Keep elbows bent at a 90-degree angle at all times, swinging them as if in a normal running position, keeping upper arms close to body and hands no higher than nose level.
- Repeat at a running pace, moving quickly and smoothly.

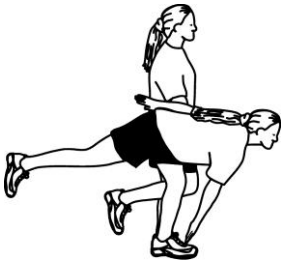
Cowboy Squats



- Start with feet spread more than shoulder width apart.
- Toes should be pointing outward, and your knees are pointing in the same direction.
- Put your hands behind your head.
- Slowly squat by bending both knees until your knees are at a 90-degree angle.
- Slowly return to standing position.
- Repeat.

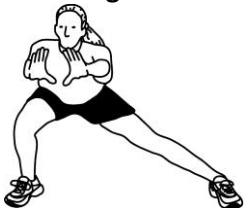


Backward Moving Toe Touch



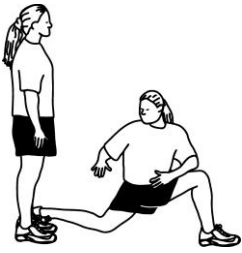
- Stand straight.
- Lift right foot off the floor, then slowly bend forward, extending right leg straight out behind you while bending 90 degrees (forming a "T").
- Touch left foot on floor with right hand.
- Keeping extended leg straight, slowly lower it to floor slightly behind you.
- Move backward to shift your weight onto right leg and raise left leg behind you.
- Lower yourself into "T" position and touch right foot on floor with left hand.
- Repeat, continuing backward movement.

Side Lunge



- Start in standing position with feet slightly further apart than shoulder width.
- Begin bending right knee and lean toward your right side, pushing your buttocks out behind you.
- Lower yourself to where your thigh is now parallel to the ground. Raise both arms in front of you at chest level. (Important: make sure your right knee does not extend beyond your toes.) Slowly shift your weight back to your original position.
- Repeat in opposite direction.

Lunge and Twist



- Stand upright, feet slightly apart.
- Step left foot forward and bend front knee until thigh is parallel to the ground. This requires a lunging step to bend without the knee extending beyond the toes. Keep knee and ankle aligned pointing forward at all times.
- As you descend, rotate your body toward your bent knee (when left knee is bent, rotate trunk to your left).
- Lift your weight from your right foot behind you, and bring it forward to resume normal standing position.
- Repeat same movement, using right foot to step forward.

Note: This exercise may also be performed in a stationary position by returning to your original position and alternating the movement.

Inchworm



- Give yourself a clear path across a room or field for this exercise.
- Bend at the hips; bring your hands to the ground while keeping your legs straight.
- As you touch the floor, slowly crawl forward using your hands ("hand walk") without moving your feet, and go as far forward as you can, keeping your legs straight.
- Variation: Perform a push-up once in this position.
- Now, keeping legs straight, walk your feet forward, weight on the balls of your feet ("toe walk") while keeping your hands stationary.
- Repeat, inching forward.