

TAPC Warm-Up and Cool-Down Routine - Current as of 22NOV24

Warm-Up

A. Stationary Exercises (Joint Focus)

1. Prone Press-Up

- Repetitions: 10
- Description: Lie face down with your hands under your shoulders. Push your chest off the ground while keeping your hips in contact with the floor.



2. Neck Rotation (Yes and No)

- Repetitions: 5 in each direction
- Description: Slowly tilt your head up and down (Yes motion) and side to side (No motion) to mobilize the neck joints.



3. T-Spine Rotation

- Repetitions: 5 per side
- Description: On all fours, place one hand behind your head and rotate your torso upward, pointing your elbow to the ceiling.



4. Double Leg Bridge

- Repetitions: 5
- Description: Lie on your back, knees bent, feet flat. Lift your hips until your body forms a straight line from shoulders to knees. Exhale while lifting.



5. Single Leg Bridge

- Repetitions: 5 per leg
- Description: Like the Double Leg Bridge but performed on one leg, with the other leg pulled up towards the chest.



6. Leg Lowers

- Repetitions: 5 per leg
- Description: Lie on your back, legs extended upward. Lower one leg slowly while keeping the other stationary.



7. Floor Slides

- Repetitions: 5
- Description: Lie on your back with your arms bent at 90 degrees. Slide your arms upward along the floor, keeping your back flat.



8. Straight Side Leg Raise

- Repetitions: 5 per leg
- Description: With your hands and knees on the ground, extend one leg laterally. Lift the extended leg fully for each repetition.



9. Hip Flexor Stretch:

- Repetitions: 5 per leg
- Description: Kneel on one leg. Bend your other leg in front of you with your foot flat on the floor. Keeping your back straight, slowly push your hips forward and hold for 15 to 30 seconds.



B. Movement Exercises (Blood Flow Focus)

1. Toe Walk/Heel Walk

- Repetitions: 10 yards
- Description: Walk forward on your toes, then on your heels. Perform variations with toes pointed forward, outward, and inward.



2. Straight Leg March

- Repetitions: 10 yards
- Description: March forward with straight legs, aiming to touch your toes with the opposite hand.



3. Quad Stretch

- Repetitions: 10 yards
- Description: Step forward, grab your ankle with the opposite hand, and pull it toward your glutes while balancing.



4. Alternating Lateral Lunge

- Repetitions: 10 yards
- Description: Step to the side into a lunge, keeping your chest up and alternating legs.



5. Straight Leg Toe Touch

- Repetitions: 10 yards
- Description: Reach down to touch your toes while maintaining straight legs and a controlled pace.



6. Forward Skip

- Repetitions: 20 yards
- Description: Perform a light skip forward, swinging your arms for momentum.



7. Backward Skip

- Repetitions: 20 yards
- Description: Skip backward with the same light, controlled motion.



8. Lateral Movement, Arm Swings Overhead

- Repetitions: 20 yards
- Description: While moving in a lateral shuffle, swing your arms overhead alternately, focusing on increasing range of motion.



9. Lateral Movement, Arm Swings Across Chest

- Repetitions: 20 yards
- Description: While moving in a lateral shuffle, swing your arms across your chest alternately, loosening your shoulders. Face the same way as last exercise.



10. Pogo Hops Forward

- Repetitions: 10 yards
- Description: Perform small hops forward, keeping your knees slightly bent and your movements light.



11. Pogo Hops Backward

- Repetitions: 10 yards
- Description: Perform small hops backward with the same controlled motion.



Cool-Down

1. Hold the Large Globe

- Duration: 1 minute
- Description: Sit with legs extended outward. Stretch your arms above your head, pushing your palms upward and as though holding a large globe.



2. Hold the Small Globe

- Duration: 1 minute
- Description: Similar to the Large Globe stretch, but bring your arms closer to form a smaller circle. Holding feet and toes together, with bent knees.



3. 90/90 Stretch (Left and Right)

- Duration: 1 minute each side
- Description: Sit on the ground with one leg bent at 90 degrees in front and the other bent at 90 degrees to the side. Lean forward gently.



4. **Big Toe Stretch**

- Duration: 1 minute
- Description: Sit on your knees with your toes tucked under. Gently press your weight back to stretch your toes.



5. **Plantar Flex Stretch**

- Duration: 1 minute
- Description: Sit on your knees with the tops of your feet flat on the floor. Gently sit back on your heels to stretch the tops of your feet.

