

Dynamic Warm-Up Exercises

Pillar Bridge (30 Sec Hold)

- Push up tall on your elbows & tuck chin so head is in line with body
- Maintain a straight line from ears to ankle
- Feet shoulder width apart
- Hold for 30 Seconds



Lateral Pillar Bridge (30 Sec Hold)

- Lie on your side with forearm on the deck under your shoulder – feet stacked together
- Keep body in a straight line from your ear to your ankles
- Hold for 30 seconds
- Complete for time, repeat on opposite side



Pillar Bridge w/ Arm Lift

- Assume pillar position with feet wider than shoulder width apart
- Engage torso & alternate reaching up & out with arms – 2 second hold
- Keep shoulders & hips square to deck with arm reach



Dynamic Lateral Pillar Bridge

- Lie on your side with your forearm on the deck under your shoulder – feet stacked together
- Push your hips off the deck, creating a straight line from ear to ankle, hold for 1-2 sec & return to starting position
- Repeat for reps & repeat on opposite side



Pillar Bridge w/ Alternating Hip Flexion

- Start in push-up position with hands directly below shoulders & feet shoulder width apart
- Keeping your hips & torso still, draw one knee towards your chest keeping your back leg straight
- Return to starting position & repeat with opposite leg for prescribed reps on each leg, one foot should always be in contact w/ the deck
- Move with control & alternate sides each rep



Pillar Bridge - Rolling

- Push up off your elbows, support your weight on the forearms & tuck your chine so head is in line with your body, hold 2 sec
- With torso engaged & back flat roll into lateral pillar bridge. Hold 2 sec
- Return to the start position & then repeat on the opposite side. That completes one repetition



Glute Bridge (30 Sec Hold)

- Lift hips to create a line through knees, hips & shoulders
- Keep back flat & torso engaged throughout the movement
- Keep toes pulled up to your shins
- Hold for 30 seconds



Y's (Bent Over)

- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down & raise your arms over your head to form a Y
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout
- Lower arms back to start & repeat for reps



Glute Bridge w/ Knee Extension

- Lift hips to create a line through knees, hips & shoulders
- Alternate extending knees – hold 2 sec. ea
- Keep back flat & torso engaged & head on the deck throughout the movement



T's (Bent Over)

- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down & raise your arms over your head to form a T
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout
- Lower arms back to start & repeat for reps



Glute Bridge Marching (Hip Flexion)

- Lift hips to create a line through knees, hips & shoulders
- Lift one knee towards your chest, hold 2 sec. Alternately legs for prescribed reps with each leg
- Keep back flat & torso engaged & head on the deck throughout the movement



Quadruped Thoracic Rotation

- Start with one hand directly below shoulder, the other behind head with knees directly below hips
- Rotate by opening your torso up as far as possible while exhaling, hold for 2 sec.
- Rotate torso towards the deck, taking elbow to knee, hold for 2 sec
- Complete reps, repeat on opposite side



Reverse Lunge, Elbow to Instep (Kneeling)

- Kneeling, take half step forward with left foot
- Place right hand on deck & left elbow inside of left foot
- Hold for 2 sec.
- Place left hand outside foot & push hips to the sky
- Complete reps, then repeat on opposite side



Reverse Lunge, Elbow to Instep (In Place)

- Place right hand on deck & left elbow inside of left foot. Hold for 2 sec.
- Place left hand outside foot & push hips to the sky
- Keep back knee off deck & contract rear glute
- Alternate sides each rep



Reverse Lunge, Elbow to Instep (In Place w/ Rotation)

- Place right hand on deck & left elbow inside of left foot. Hold for 2 sec.
- Next, rotate right arm & chest to the sky as far as you can. Hold for 2 sec & return
- Place left hand outside foot & push hips to the sky
- Alternate sides each rep



Basic Squat

- Stand with feet slight wider than shoulder width apart.
- Squat down to a comfortable depth (this will vary from member to member)
- Do not go below thighs parallel to the deck (i.e., a 90 degree bend in the knees)
- Return to starting position
- To make this exercise more difficult, perform a 3 count down and a one count up
- The 3 countdown will also be slower and will allow the members to focus on good technique (knees remains above the ankle and all movement will be performed at the hips/buttock lowering down)



Split Squat

- Take a low split position with your weight primarily supported on your front leg
- Keep your torso engaged, tall posture and don't let knee touch the deck
- Alternate legs every 5 seconds until working time elapsed



Lateral Squat

- Stand with feet wider than shoulder width apart, shift hips to the side and down
- Push through your hip to return to start position
- Keep your opposite leg straight, back flat and chest up
- Alternate sides each rep



Three Side Steps Touch the Deck

- In the defensive position, take 3 side steps to the right and touch the deck
- Make sure to maintain a partial squat and remain low
- Return to defensive position and take 3 side steps to the left and touch the deck
- This completes one repetition



Quick Feet / High Knees

- Start In the defensive position (feet slightly wider than shoulder width and hands at waist level)
- Perform a quick shuffle of feet until call for high knees (run in place)
- Gradually increase the height of the knees and exercise tempo
- To increase difficulty, count down from 10 in high knees position



Knee Blocks/ Alternating Knee Blocks

- With both arms raised above your head, contract your abs and lower both arms to your right knee to perform a knee block
- Perform a certain number of repetitions
- Repeat on left side
- Perform alternating knee block by alternating from right to left side after one repetition



Jumping Jacks

- Stand with arms at your sides, feet straight and close together
- Bend knees and jump up while spreading arms and legs at the same time.
- Lift arms to ears and open your feet to wider than shoulder width
- As you return from jumping up bring your arms back down to your sides and at the same time bring your feet back together
- Perform basic jumping jacks using the 4 count military cadence



Squat Jumps

- This exercise will be used to introduce the member to plyometric moves
- Stand with feet slight wider than shoulder width apart.
- Squat down to a comfortable depth (this will vary from member to member)
- Do not go below thighs parallel to the deck (i.e., a 90 degree bend in the knees)
- Perform a vertical jump
- Emphasis should be on proper form and technique NOT how high the member can jump or the number of repetitions
- Please remind them that they will land with “soft knees” and with as little impact as possible



Jump Rope

- Simulate jumping rope to prepare the body for high impact activity
- This should NOT be one of your first warm-up exercises
- Vary this exercise by using the following techniques: double jump, single foot, and alternating feet/shuffle.



Alternative Dynamic Warm-Up Exercises

Low Impact Exercises:

- 1. Pec Fly with Overhead Raise:** With elbows bent to 90 degrees, raise your elbows to shoulder level and move them back so they are in alignment with your body (arms should look like a field goal post). This is your starting position. Bring your elbows together as if you were performing a pec fly. Once your elbows/fist are touching (midline body), gently lift both arms up and over your head. Reverse this exercise to get back to starting position. (Purpose: This exercise is used to warm-up the chest muscle and increase the range of motion of the arms while doing overhead motion. Explain how most weightlifters have tight chest and triceps motion and this is also a good exercise to perform in the weight room. It will also prepare the chest and arms for the push-ups.)
- 2. Chest Press / Shoulder Press:** Simulate you are performing a push-up in the air in front of your body. Once you get back to the starting position, then proceed into an overhead shoulder press. Make sure you use a narrow hand-stance and keep elbows tucked in during the shoulder press to ensure you are engaging the tricep (back arm) muscle. (Purpose: This exercise is used to prepare the body for the push-up and overhead motions, such as the military press. Make sure the students understand the elbows must stay in. Too often CFLs will stick their elbows out make a triangle with their thumbs and index fingers of both hands. If they do this, they will NOT target the tricep muscle.)
- 3. Calf Raise with Simultaneous Neck Rotation:** Perform a standing calf raise and rotate your head to look over your right shoulder. Perform 10 repetitions to the right and switch it up and perform 10 to the left (by looking over your left shoulder). (Purpose: this exercise is used to warm up the calves and provide range of motion to the neck. DO NOT have the students turn their neck from one side to another or they will get dizzy. They should perform 5 reps to one side and 5 reps with a neck rotation to the other side).
- 4. Toe Tap To the Front:** Stand with your feet shoulder width apart. Gradually lift your left knee and externally rotate your hip so you can tap the inside of your left foot with your right hand (your lower body should be in a "figure 4" position). Repeat this to the opposite side by touching your left hand on the inside of your left foot. Continue to alternate this exercise from side to side. (Purpose: This exercise will be used to increase the range of motion of the hips (especially hip flexion and external rotation). Make sure you tell the students that the majority of Sailors have tight hips, especially runners, and this will improve performance. If you do not say this, this exercise does not seem effective to them.) **Toe Tap to the Back:** Stand with your feet shoulder width apart. Gradually lift your left foot behind you (like a hamstring curl) and tap your foot with your right hand. Repeat to the opposite side by using your left hand and right foot. (Purpose: this exercise is used to warm up the hamstrings and also increase the range of motion of the quadriceps.)
- 5. Line-Pulling to the Side/Front:** Place feet slightly farther out with shoulder width and go into partial squat. It is important you maintain a squat so that you engage your leg muscles during this exercise. Simulate you are pulling line from a ship (repetitive motion of "tug of war") with a 4-count for a certain number of repetitions. Change positions from left side, front, and right side. (Purpose: this exercise simulates an important technique for Sailors to learn, especially if they are Fleet Sailors. With line

pulling, they need to also move their hips to gain momentum so they are not just using the upper body- which will fatigue in a real life scenario of line pulling. They should be rocking back and forth as their upper body simulates pulling a line. They will be using their legs, biceps, and back muscles during this exercise.)

Moderate Intensity Exercises:

- 1. Squat with Front Shoulder Raise:** Stand with feet slight wider than shoulder width apart. While performing a squat, lift both arms up to shoulder level just like you are performing a front raise with dumbbells. Return to starting position. To make this exercise more difficult, perform a 3 count down and a one count up. The 3 count down will also be slower and will allow the members to focus on good technique (knees remains above the ankle and all movement will be performed at the hips/buttock lowering down). (Purpose: this exercise is used to warm-up the lower body and shoulders. Make sure the students do not raise their arms above shoulder level.)
- 2. Reverse Lunge with Lateral Shoulder Raise:** Stand with both feet at shoulder width apart. Take your right leg and step back into a lunge ensuring your left knee remains above your left ankle and you maintain a 90 degree bend in both knees. While you are performing the reverse lunge, perform a simultaneous lateral deltoid raise to shoulder level (elbows are bent). Your arms should move in the same plane as your body and should not go above shoulder level. (Purpose: this exercise is used to warm up the lower body, and the middle deltoids/shoulders. Technique is important for this exercise. Have them practice their stationary lunge first. Then have them practice a standing lateral raise with their arms. Once they have both techniques perfected, have them practice it together. Too often students will perform external rotation with their arms while doing this exercise. Correct them and make sure they only perform the lateral raise.)
- 3. Steam Engines (Standing Oblique):** In a stance with your feet shoulder width apart, perform an oblique exercise by bring your right elbow to your left knee (performing hip flexion with knee bent on left leg). Make sure you are contracting your abs during this exercise. DO NOT pull on your neck. Repeat to other side. (Purpose: this exercise is used to warm-up the hip flexors and the internal/external obliques. Make sure the students do not pull on their neck with this exercise.)
- 4. Standing Side Crunch:** Standing with feet shoulder width apart, with knee bent, externally rotate left hip so it knee is pointing towards outside body. With left elbow bent and hand placed behind neck, lift knee towards elbow to perform a side crunch. Repeat for a certain number of repetitions and repeat on other side. (Purpose: this exercise warms up the hip flexors, deep abdominal muscles and increases the range of motion of the inner thigh since the leg is position on the side of the body.)
- 5. Cross Country Skiing:** To perform this exercise, simulate you are cross country skiing by alternating your left arm with right leg (simultaneous movement) and right arm with left leg. Repeat for certain number or repetitions. (Purpose: this exercise targets the entire body and is an exaggerated motion of running. Students should still be reminded to land “softly” in order to reduce impact on the joints.)
- 6. Plyo-Jack:** This exercise will be used to introduce the member to plyometric moves. Please remind them that they will land with “soft knees” and with as little impact as possible. The member will perform 3 jacks and will then proceed into a double knee tuck. The goal is to jump up as high as they can and to bring both knees together to the chest. (Purpose: this exercise is used to get the body ready for

plyometric/jumping activity. The number one mistake is landing on a flat foot and with a lot of force. This could increase the impact on joints so therefore, students are reminded of “soft knees” throughout the exercise.)

Basic Aerobic Exercises:

1. **Basic March with Wide March:** Perform a 4-count march at normal stance width and then widen your stance and perform a wide-march with 4-count repetitions. Repeat for a certain amount of repetitions. (Purpose: this exercise is very familiar to all Sailors-they learn this during boot camp. Remind them that the height of the march and the speed will increase the difficulty of the exercise.)
2. **Box Step:** Start this exercise in a normal stance. Step forward and out with the right foot and then forward and out with the left. Bring your right foot back to the starting position and then bring the left foot back to the start. Your overall movement should mimic a “V”. Perform this exercise as a 4-count. (Purpose: this exercise is used to warm up the lower body and to increase the range of motion of the hips with wider steps. It could also be used to increase the heart rate during aerobics. Please also show the students how you could make it more difficult by lower the body during the steps or increasing the tempo-without compromising form.)
3. **Toe Tap with Overhead Reach:** Tap your feet from side to side. Take your right arm and perform an overhead reach to the left and then take your left arm and perform an overhead reach to the right. Repeat entire sequence on a four-count call for a certain amount repetitions. (Purpose: this exercise is used to increase the heart rate and also improve the range of motion of the back. Men may be hesitant to perform this move since it looks like aerobics. To sell it to them, tell them it increases the range of motion of the latissimus dorsi muscles, which are tight on most people. Also have them punch with their hand instead of a reach. This will make the exercise “more masculine”.)
4. **Hamstring Curl with Bicep Curl:** While standing in one spot, perform alternating hamstring curls. While performing the hamstring curls add bicep curls to get the arms warmed up. Perform this exercise on a four-count call. (Purpose: this exercise is used to warm up the ham string and biceps.)
5. **Grape Vine:** Start this exercise with a normal stance. Step to the left by crossing right foot behind the left. Move left foot a step to the left to return to a normal stance and finish the sequence by bringing your right foot and tapping it next to your left. Do the reverse sequence to the right. With a four-count call, the first side step would be one, the foot crossing behind would be two, the next step would be three, and the last foot tap would be four. (Purpose: this exercise is used as a basic agility move and is the foundation for the carioca/footwork exercise on Day #3. Men may be hesitant to perform this move, so make sure you explain it is basic agility and also demonstrate the carioca at this point so they see how it ties into the foot work session.)

6. **Squat with a Kick:** With your arms in a guarded position, perform a squat and then perform a left front kick, perform another squat, and then perform a right front kick. This will also help prepare the member for balance activity. (Purpose: this exercise is used to warm up the lower body and also to prepare the leg for full extension. It will also simulate the stepping motion during running. It is an open chain (where the one foot does not remain on the ground and kicks) and it is a great exercise to use prior to running or for group cardio sessions. It also works balance.)

Cardio-Kickboxing Exercises:

1. **Speed Bag:** With your fists clinched, raise your elbows to shoulder level and simulate you are punching a speed bag by rotating your fists around one another. After performing this exercise at shoulder level, gradually move the exercise to above your head. Once your lower body is warmed up, you could also increase the intensity by performing a boxer's shuffle with your feet. (Purpose: this exercise is used to warm-up the forearms, shoulders and gradually elevate the heart. Explain how your heart has to work harder when you perform exercises with your arms at chest level and above.)

2. **Straight Jab:** Standing with the right hip forward and both fists in front of your face in a guarded position, take your right hand and do a quick jab towards the front. Return to starting position. You can add a boxer's shuffle to this activity to increase the intensity. (Purpose: this exercise is a basic move in cardio kickboxing and could also be used as an upper body dynamic warm up. It especially targets the triceps, biceps and shoulders.) **Straight Jab-Side Jab:** With your right hip facing forward, take your right fist and jab once to the front. Then you will pivot on your left foot and move the jab to the side. Pivot again on your back foot to return to the starting position. Repeat sequence. (Purpose: this exercise provides the same benefits of the basic jab but it increases the intensity and difficulty by adding a pivot into the exercise. Make sure the students understand the importance of the pivot so they don't hurt their knees.)

3. **Alternating Hooks:** With your feet slightly wider than shoulder width apart and your hands in a guarded position, begin tapping your feet from side to side. Once you got the rhythm, start to throw a right hook when you tap the right foot and a left hook when you tap the left foot. Remember to do a slight pivot with the back foot (the one on the same side you are throwing a hook) to ensure you do not strain the knee. A hook is performed by starting with your arms in a guarded position. With your right arm (keeping your elbow bent), bring your elbow back and rotate your shoulder so you bring your fist back to midline of your body with your forearm at shoulder level and parallel to the deck. (Purpose: this exercise is used to introduce the Sailor to another basic cardio kickboxing punch, increase the heart rate and to warm-up the shoulders.)

4. **Upper Cuts:** With your feet slightly wider than shoulder width apart and your hands in a guarded position, begin tapping your feet from side to side. Once you got the rhythm, start to throw a right upper cut when you tap the right foot and a left upper cut when you tap your left foot. Remember to tap your back foot. An uppercut is performed by keeping your elbow bent and moving your punch from

hip level to in front of your face. Remember to use your legs (by going up) to add power to this move.

(Purpose: this exercise is also used to introduce the Sailor to a basic cardio kickboxing punch, will increase the heart rate, and will also warm up the biceps, shoulders and lower body. Make sure they use their legs on the “up motion” so they are also using their legs, not just their upper body.)

5. **Bob and Weave (Jab):** Place your feet slightly wider than shoulder width apart. Go into a partial squat and guard your face by placing your fists in front of it. Start bobbing from side to side and simulate you are avoiding punches from an opponent. Once you are warmed up, you can start to throw jabs from side to side to engage the upper body into a warm-up. (Purpose: this exercise is used to warm up the low back and legs. It also could be used as a low intensity cardio exercise within group exercise.)

6. **Jack-Jab:** Perform a jumping jack, then a right jab, then another jumping jack and a left jab. By adding the jab, you will add more upper body and increase the intensity of this exercise more than do a normal jack. Make sure pivot on the back foot when performing the jab so you do not put additional strain on the knee. (Purpose: this exercise targets the entire body and also uses multi-directional movement. It is also another great cardio exercise for confined spaces.)