



Warm Up Exercises and Stretches

Pick 1-2 general warm ups, then 2-3 of the warm ups for your movement, based on your preferences and what needs you have that day.

General Warm Up:

1. Inch Worms <https://www.youtube.com/watch?v=gDweumAbvfQ>
2. SpiderMan [https://www.youtube.com/watch?v= OrggvuVU-M](https://www.youtube.com/watch?v=OrggvuVU-M)
3. Samson Stretch <https://www.youtube.com/watch?v=V3-tEdWuTbc>
4. Forward Bear Crawl <https://youtu.be/ZnmXnKvs9qc>
5. Broad Jump <https://youtu.be/Mwil72uFzNI>
6. Downward Dog <https://youtu.be/dxpyKINFMMeM>
7. Plank Twist <https://youtu.be/4FVwNodpUX8>
8. Crab Walk <https://youtu.be/nFUmxgYMLvE>
9. Candlesticks <https://youtu.be/cKYAF8oisKc>
10. High Kicks <https://youtu.be/WbjMqdkKWcY>
11. Cat camel <https://youtu.be/M7Kw3U3MUAo>

Squatting:

1. Couch Stretch <https://www.youtube.com/watch?v=kblD9zYgoFQ>
2. Warrior Squats <https://www.youtube.com/watch?v=EfUJgmgTvll>
3. Cossack Squat <https://www.youtube.com/watch?v=Bvodm1BivOo>
4. Pigeon Pose <https://www.youtube.com/watch?v=kblD9zYgoFQ>
5. Russian BabyMakers <https://www.youtube.com/watch?v=HWHZp47EzgE>
6. Up and Over <https://youtu.be/CCCf16SGn-A>
7. If Front Squats: Add in [Elbow Rotations](https://www.youtube.com/watch?v=tVEtMaTh48c)
(<https://www.youtube.com/watch?v=tVEtMaTh48c>)
8. If Overhead Squats: Add in Thoracic Back Openers

Overhead (Strict Press, Push Press, Push Jerk, Split Jerk)

1. Childs Pose (On Box or against wall)
<https://www.youtube.com/watch?v=8MBTirDrBGA>
2. Under Over Arm Swing <https://youtu.be/ve-5ZHwxYel>
3. Handstand Hold against wall <https://www.youtube.com/watch?v=NZCp8XuqIFA>
4. Shoulder to floor Stretch <https://www.youtube.com/watch?v=D0li2U56nO4>
5. Touchdown Stretch <https://youtu.be/v-dzgW-iojl>
6. Jerk: Jerk Drive <https://www.youtube.com/watch?v=u2FIHSIhIhI>
7. If tight, add in a thoracic back opener

Snatch

1. Thoracic Back Opener
2. Ankle Stretch https://www.youtube.com/watch?v=O9u1_Bvpng4



3. Reverse Snow Angels

https://www.youtube.com/watch?v=b3e9rENJGCE&list=PLS5lovy8j9XbEO36Qlq_9D1kZ-mlWZj8l&index=6

4. Snatch Balance <https://www.youtube.com/watch?v=9536owLEv7g>

5. Groiners <https://youtu.be/U4Ccqi1eyc0>

6. Groiners + circle <https://youtu.be/kMv0HWdBfpM>

Clean

1. Wrist Stretches <https://www.youtube.com/watch?v=vyYr6TXA018>

2. Romanian Deadlift <https://www.youtube.com/watch?v=mZgPVWVnLY4>

3. Barbell Bent Over Row <https://www.youtube.com/watch?v=VfPS96yBVa0>

Deadlift

1. Good Morning- shown with band, but can use barbell

<https://www.youtube.com/watch?v=7S-WOwmPY8E>

2. Glute Bridge <https://www.youtube.com/watch?v=M7PynZBxSR0>

3. Straddle Stretch <https://www.youtube.com/watch?v=HZRZ18fDleg>

4. Toe Touch <https://youtu.be/382-4pNrmU0>

5. Scorpion <https://youtu.be/eJsbAdnuVFs>

6. Single Leg Hip Thrust <https://youtu.be/CCcyOqKwRI4>

Pullups

1. Scap Retractions <https://www.youtube.com/watch?v=QEOHnH7Wpsg>

2. Rotator retractions https://www.youtube.com/watch?v=vNMVDNGY_G0

Thoracic Back Openers

1. <https://youtu.be/JIIWQI2rNBs>

2. https://www.youtube.com/watch?v=4_DUZpPAhVc=

3. <https://youtu.be/rIU5BquRkZk>