

PICKLEFITT

WARM UP



Dynamic Hamstring Sweep

1. Stand up Tall
2. Reach one leg out in front with your toe pointed up
3. Reach your arms down towards your toes, whilst keeping your leg straight
4. "sweep" your hands past your foot and slowly return to a standing position.
5. Complete 5-10 reps



Calf Raises

1. Stand up Tall
2. Push up through your toes to lift your heels off the ground and hold at the top for a moment
3. Slowly return to the start position
4. Complete 10-15 reps



Standing Windmills

1. Stand up tall with your feet wider than hip width
2. Bend forward and reach your right arm across to your left foot, twist your body so your left arm reaches towards the sky.
3. Then alternate and reach your left arm across to your right foot.
4. Complete this slowly and controlled to open up the hips & back.
5. Complete 5-10 reps each side



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Standing Rotations

1. Stand up Tall
2. Twist your arms across your body and twist your spine as far as you comfortably can.
3. Then twist the opposite way, with a controlled speed
4. Complete 5-10 reps



Arm Circles

1. Stand up Tall and start with your arms by your sides
2. Swing your arms around in a circle, up overhead, both in a forwards & backwards motion to help open up the shoulders
3. Complete 5-10 reps each way

This warm-up has been designed by Kirk, our club sponsor and Accredited Exercise Physiologist.

It involves using the main muscles and joints we all use when playing PickleBall to help reduce the risk of injuries and prepare ourselves for the demands of the game.

If you would like further assistance with improving your strength, fitness, mobility or injury rehabilitation, then please get in contact with him at the details below.

