

STRENGTH TRAINING: WARM UP/ACTIVATION DRILLS

ACTIVATION DRILLS

1. **Walking High Knees:** 20 total steps
2. **Squat to stand:** 10 reps
3. **Bird Dog:** 10 reps each side
4. **Lateral band walk:** 10 steps each direction
5. **Knee-banded quadruped hip extension:** 10 reps each side
6. **Fire hydrant:** 10 reps each side
7. **Barbell Reverse lunge:** 10 reps each side w/ Barbell
8. **Light weight Kettlebell Sumo squat:** 10 reps

