

Pickleball Warm-up

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A warm-up increases blood flow to the muscles, which allows our muscles to work better during the work out (in this case, during a pickleball game). There are three parts to a warm-up:





- 1) cardiovascular
- 2) activation and
- 3) dynamic stretching

Overall, the warm-up before your pickleball session should last **8-12 minutes!** Adding in a warm-up routine will take a while to be part of your habitual action before playing pickleball – not only will it help with your performance but it will lessen your chance of injury!






A good warm-up consists of the three aforementioned areas:

Part 1 – Cardiovascular






Increases the heart rate, getting the blood flowing through your body. Think jogging, brisk walking, shadow boxing, in-outs.

Cardio	Target Muscles	Diagram	Instructions
Jogging on the spot	Full body		Can be used as one of the first full body movements in your warm-up.
Bum kicks	Stretches quads		Take a step sideways and lift the heel to touch the same-side buttock. Add arm movement – either opposite arm, opposite leg (movement from shoulder joint, not elbow joint) OR both arms together while driving heel to bum. Ensure knee stays under body (does NOT creep forward).
High knees	Hip flexors (iliopsoas)		Skip knees high, one at a time. Add arm movement – either opposite arm, opposite leg (movement from shoulder joint, not elbow joint) OR both arms together while lifting knee (chopping a golf club).
Two in, two out	Abductors and adductors		Imagine a box on the ground, and you're stepping in and out of the box. Add arm movement – opposite arm, opposite leg (movement from shoulder joint, not elbow joint).



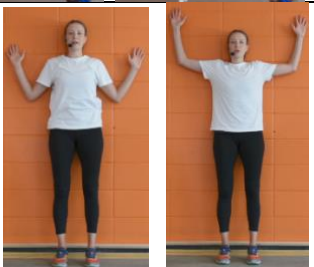
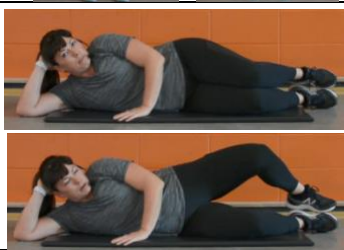



Part 2 – Activation



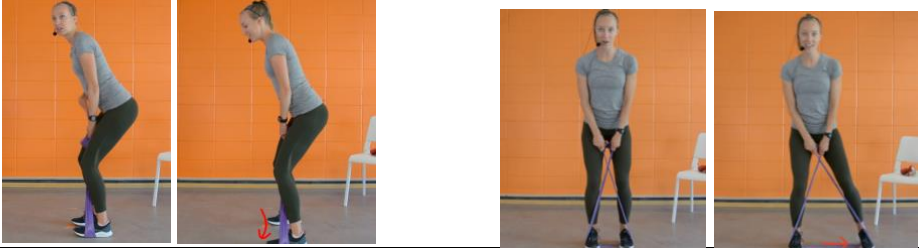
Activations	Target Muscles	Diagram	Instructions
Drop squat	Quads & glute maximus		Start in standing with your feet hip-to-shoulder width apart. Drop down into a squat to about a 45 degree angle. Press up through your heels and repeat. Keep your back straight and a good squatting posture (hips back and knees don't creep past the toes)
Hip openers	Adductors, abductors and hip flexors		Stand on one leg and lift the other leg by bringing your knee towards your chest. Then, rotate the moving leg out to the side and then back to the middle. You can always hold on to a wall, chair or table for balance.
Scapula pushups	Serratus anterior and pectoralis major/minor on protraction; trapezius and rhomboids on retraction		Start in a push-up position: hands on a table/wall and arms at a 90 degree angle from your trunk. Push against the surface to round the upper body and push the shoulder blades forward (scapular protraction), without bending your elbow or allowing your lower back/hips to sag. Switch directions by squeezing your shoulder blades back and together (scapular retraction).
Hinged reverse flys (no weights needed)	Rhomboids		Stand up, flex the knees slightly and bend forward from the hips with your back straight. Lift your arms to the side in line with your shoulders. Squeeze shoulder blades back and together while keeping your neck long and relaxed. Reverse the movement and hug your body, opening up the space between your shoulder blades.
Wall angels	Latissimus dorsi, infraspinatus, supraspinatus, posterior deltoid, rhomboids, teres minor		Stand in a good upright posture with your back against a wall, arms by your sides, palms facing forward. Engage your lower core muscles to keep your trunk and low back in a neutral position. Slowly and with control, lift both arms out sideways up toward your head, then slowly lower them back down again, making sure that your neck, trunk and low back remain in contact with the wall.

Part 3 – Dynamic Stretching

Dynamic Stretches	Target Muscles	Diagram	Instructions
Forward leg swings	Hip flexor/quads on the swing back; hamstring on the swing forward		Stand on one foot and hold on to a stable object (wall, chair or table). Keeping your body as stable as possible, swing the elevated leg forward and backwards without bending your knee. Keep ankle flexed at 90 degrees.
Lateral leg swing	Glute med while swinging across; adductors while swinging open		Support yourself with your hands on a wall, chair or table and swing the leg laterally. Do the first set controlled, then do the second set a bit more quickly. Keep your lumbar spine stable and facing forward.
Hamstring scoops	Hamstring		Extend one leg in front of the other. Flex your ankle so your toes are pulled towards yourself. Hinge forward at the hip with a straight back until you feel a stretch through the hamstring of your extended leg. Swipe your arms forward twice and do a couple of jogs on the spot before switching to the other side.
Lat stretch	Latissimus dorsi		Grab hold of one of our wrists and stretch nice and long up to the ceiling/sky. Add in a small bend to either side if desired. FOCUS MORE on lengthening than bending to the side. Add a couple of jogs and repeat on the other side by gripping the other wrist.
Adductor stretch	Adductors		Start by standing slightly wider than shoulder width. Shift your weight to the right side and allow your right knee to bend. Push your hip backwards, NOT your knee forward. Keep the opposite knee straight to feel a stretch on the inside of your left thigh. Slowly move from side to side, staying nice and low and pausing wherever you feel tight. Repeat on the left side.

Suggested at-home Exercises

<p style="text-align: center;">Scapula Retraction Seated Band Row</p>		<p><u>Scapular retraction:</u> Start with elbows softly bent. Draw elbows back, keep elbows tucked in close to sides. Squeeze shoulder blades together.</p> <p><u>Seated row:</u> Loop the resistance band around feet. Sit up tall, engage your core. Draw elbows back, keep tucked in close to sides as you pull band to tops of hip bones. Slowly release.</p> 
<p style="text-align: center;">Wall Angels</p>	<p>Place back against with feet slightly away from the wall. Move arms up and down while trying to keep arms as close to the wall as possible.</p>	
<p style="text-align: center;">Clamshells</p>	<p>Lie on your side. Have knees stacked and bent to 90-degrees. While keeping feet together lift top knee slightly. Don't let top hip roll back.</p>	
<p style="text-align: center;">Lat Pulldown</p>	<p>Begin with band slightly over-head in front of the body and feet in a staggered stance. Pull bands apart in a 'rainbow' movement, slowly release back to starting position.</p> 	
<p style="text-align: center;">Standing Hip Abduction</p>	<p>Standing on one leg, slowly kick one foot out to the side while keeping toes pointed forward. Try to repeat without touching foot down in-between reps.</p> <p>Switch at halfway.</p>	
<p style="text-align: center;">Reverse Lunge</p>	<p>Take a step backward with one foot. Bend the front knee and drop the back knee towards the ground. Drive up to standing and switch to other leg.</p> 	

<p>Calf Raises</p>	<p>Stand with feet shoulder width apart. Press weight through the ball of the foot, rolling onto big toe.</p>	
<p>Hamstring Bridge</p>	<p><u>Hamstring bridge</u>: Start in a glute bridge position, then take a small step away from the hips. Perform a few reps and take another step away from the hips to activate the hamstrings. Standing option: standing hamstring curl.</p>	
<p>Side Steps with Band (“Monster Walk”)</p>	<p>Step on bands, holding end of the band in hands and step out to the side. Feet should be shoulder width apart with toes pointed forward/slightly in.</p>	
<p>Side Lunge</p>	<p>Take a big step to the side, bending one knee into a lunge while pushing hips back. Leave other leg straight. Focus on hip hinge movement and coming back to starting position.</p> <p>Alternatives: Forward lunge (Week 4) OR lateral hip abduction (Week 3)</p>	