



Warm Up When It's Cold Out! 5 Indoor Sports-Prep Exercises in Under 5 Minutes.

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Facilities like Danvers Indoor Sports can be a great way to stay active when the weather doesn't allow you to play your favorite sports outside during the winter months. One common issue that athletes find at this time of year is that they cannot get themselves warm enough (literally and figuratively) to make sure they feel prepared before the start of their game! Here are five of my favorite quick-hitter warm-up exercises to get you ready.

1. The **Dynamic Couch Stretch** is a great way to address the flexibility of your hip flexors and the quadriceps muscles; both found on the front of your thigh. Simply find a bench or box to prop your foot up on while in a kneeling position, tuck your tailbone underneath you and lean back gently with a proud chest. Hold this position for 5-10 seconds and repeat 3 times on each leg.



2. **Kneeling Rock Backs** can address muscle flexibility of the muscles in your groin, referred to as your adductor muscles. Find a spot to kneel on one knee while your other leg is stretched out to the side. From here, place your hands out in front of you

and with a proud chest and flat back, rock back gently reaching your butt towards your heel. Pause at the back of each repetition for 1-2 seconds and perform 8-10 repetitions on each leg.



3. **Walking Bird Dips** are a fun way to start moving on your feet. These help promote the flexibility of the hamstrings and calves in the back of your legs while also starting to get your heart rate elevated. Also, balancing on a single leg helps you more stable for your sport! Take a step with one foot and then gently lean forward with a flat back while maintaining your balance. When you return to a standing position, simply take the next step and continue this process for about 6-8 steps, each leg.



4. **Pogo Hops** in place can take your heart rate up to the next level that is closer to “game speed” while also beginning to prep the muscles in your leg for more explosive movements. I recommend that athletes jump up and down in place (with only very subtle knee bending) for 30-60 seconds. Sometimes, jumping to the beat

of your favorite song can make the time go by faster!



5. Finally, **Skater Hops** are a dynamic way to warm-up the gluteal muscles on the side and back of your hips while getting your body comfortable with moving side to side to simulate cutting on the field or court. Balance on one foot, jump laterally to the side landing on your opposite foot, and repeat for a total of 10 jumps on each leg!



If you want to learn more or are dealing with any injury or performance issues, [please reach out and come see us at Joint Ventures PT in Peabody](#) for one-on-one, 40-minute appointments where your health and fitness goals are our top priority.

