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|--|---------------------------------------|-------------|-------------|-------------|---------------|-------------|
| Client: | | Date: | | | | |
| Session Goal: Leg Strength Warm-Up | | Load | Reps | Sets | Tempo | Rest |
| Activation: Fluid Dynamics | | | | | | |
| ULT | Foam Roll Calves | | 1-2 | 1-2 | 30-60s | 0 |
| UMT | Foam Roll Glutes | | 1-2 | 2-4 | 30s-60s | 0 |
| Activation: SMUR | | | | | | |
| ULT | Core: Supine Forced Exhalation | | 2 breaths | 1 | All Air | 0 |
| ULT | Hips: Runner's Hinge | | 5 each | 1 | Controlled | 0 |
| UMT | Core: Type 1 Motion Forced Exhalation | | 1 each | 1 | All Air | 0 |
| UMT | Hips: Runner's Medial Hinge | | 5 each | 1 | Controlled | 0 |
| Activation: Excitation | | | | | | |
| ULT | Core: Supine Percussive Exhalation | | 2 breaths | 1 | All Air | 0 |
| ULT | Hips: Open Chain Internal Rotation | | 5 each | 1 | Quick Release | 0 |
| UMT | Core: Type 1 Percussive Exhalation | | 1 each | 1 | All Air | 0 |
| UMT | Hips: Closed Chain Internal Rotation | | 5 each | 1 | Quick Release | 0 |
| Activation: Stimulation | | | | | | |
| UMT | Side Lunge Eye Tracking | | 4-6 each | 1 | Controlled | 0 |
| Notes: | | | | | | |
| This warm-up should take no longer than 10 minutes | | LLT | LMT | | | |
| | | ULT | UMT | | | |