

WARM-UP 2.0

**PROTOCOLS
FOR HIGH
PERFORMANCE**



CORE ADVANTAGE



WARMUP 2.0 IS DESIGNED TO HELP YOU MAXIMISE YOUR ATHLETIC POTENTIAL.

The best result so far using this routine has been a ten centimetre vertical leap improvement in just five weeks.

Building this ten minute movement protocol into your sessions provides an amazing opportunity to make a small but cumulative contribution to your athletic development every time you train or play. It will also reduce your chances of sustaining a preventable injury.

The key is to perform the routine gently and consistently, with great attention to detail.

THE FOUR WARMUP PHASES

1. **Rolling for myofascial release**
Undoing the knots and adhesions in your muscles.
2. **Gentle restorative stretching**
Restoring critical muscles to normal length.
3. **Targeted muscle activation**
Switching on the core muscles to maximise power.
4. **Movement skill training**
Enhancing your ability to use your lengthened, strengthened and activated muscles to sprint, jump, land and cut safely and explosively.

HOW TO USE THIS GUIDE

All four phases should be completed in sequential order prior to training or games. For post session recovery just perform the rolling and stretching phases.

Properly executed this routine has the potential to increase speed, agility, acceleration, and vertical leap as well as reduce overall injury potential and minimise muscle soreness.

The last two pages of this guide are designed as a cheat sheet you can print out double sided and laminate so your can know you are always performing the protocols perfectly!

You can also find video instruction on how to perform and coach Warmup 2.0 via the QR code below:



You can also keep up to date with us by following us [core_advantage](#) on instagram

Common Sense disclaimer

Please ease into this routine and if you have recently suffered an injury, feel any joint pain or notice sharp muscular pain performing the movements, please use common sense and stop immediately and see a registered clinician.

PHASE 1 - ROLLING FOR MYOFASCIAL RELEASE

Hip with Leg Up

Right hip, right leg up, tilt right.



Reverse 3/4 Quad

Drop & pop, full length, no elbows.



Lateral Quad / ITB

Drop & pop, full length, no elbows.



3/4 Turn Quad

Drop & pop, full length, no elbows.



Full Quad

Drop & pop, full length, no elbows.



Adductor

On your front, knee at 90°.



Calves

Looking for trigger points, medial in particular.



Back / Thoracic

Never roll your neck or lower back. Support the neck with the hands, keep the hip on the ground, open up over the roller targeting tight areas.



Roll each position for 8 reps, left and right side

PHASE 2 - GENTLE RESTORATIVE STRETCHING

Restorative Stretching

Gently hold each stretch for 25 seconds.
To save time do all the stretches with the right foot forward
then swap to left foot forward.

Crouching Adductor

Back leg out long, chest on thigh,
hands resting on the floor.



Kneeling Hip Flexor

Belly button in, butt tucked under,
squeeze the glute then move hips
forward. Keep hips square.



Lying Glute

Back leg long, hips square, chest over
knee.



Repeat for opposite leg

Free Stretch (Individual Needs)

PHASE 3 - TARGETED MUSCLE ACTIVATION

Squat

(1 set of 10 reps)

Feet hip width & turned out 1°,
Centre your weight over ball of your
feet then sit back into your squat
keeping your chest up tall.
NB don't squat too low and never
squat through knee pain.



PHASE 4 - MOVEMENT SKILL TRAINING

Arabesques

[Up to half-court]



A Skips

[Back to baseline]



High Hip Skips

[Up to half-court]



45 Cutting

[Back to baseline]



Lateral Push Step

[Straddle baseline in stance]



Agility Hops

[In place on baseline]



Drop Steps

[Up to half-court]



Max Effort Jumps

[Up to half-court]



Run Throughs

[at 70%,80%,90% & 95%]



Core Advantage Warmup 2.0 Run Sheet

Rolling & Stretching

Hip with Leg Up
Right hip, right leg up,
tilt right.



Reverse 3/4 Quad
Drop & pop, full length,
no elbows.



Lateral Quad / ITB
Drop & pop, full length,
no elbows.



3/4 Turn Quad
Drop & pop, full length,
no elbows.



Full Quad
Drop & pop, full length,
no elbows.



Adductor
On your front, knee at
90°.



Calves
Looking for trigger
points, medial in
particular.



Back / Thoracic
Never roll your neck or
lower back.



Crouching Adductor
Back leg out long,
chest on thigh, hands
resting on the floor.



Kneeling Hip Flexor
Belly button in butt
tucked under, squeeze
the glute then move.



Lying Glute
Back leg long, hips
square, chest over
knee.



Movement Skill

Squats
[1 x 10]



Arabesques
[Up to half-court]



A Skips
[Back to baseline]



High Hip Skips
[Up to half-court]



45 Degree Cuts
[Back to baseline]



Lateral Push Step
[Straddle baseline in stance]



Agility Hops
[In place on baseline]



Drop Steps
[Up to half-court]



Max Effort Jumps
[Up to half-court]



Run Throughs
[at 70%,80%,90% & 95%]



NB: Rolling and stretching should be performed prior to the movement skill work. Sometimes this means they need to be done on the sidelines or even at home.

Core Advantage Recovery 2.0 Run Sheet

1. Flush

[A] Walk Up to half court and back five times immediately post session.

[B] Lie down with feet up on the wall or held by a partner for 2 minutes.

2. Relax

Feet on the ground knees up and 4 x 4 breathing.

3. Replenish

Post session fluids and snack of choice.

Re-Lengthen

Crouching Adductor

Back leg out long, chest on thigh, hands resting on the floor.



Kneeling Hip Flexor

Belly button in butt tucked under, squeeze the glute then move.



Lying Glute

Back leg long, hips square, chest over knee.



5. Release

Hip with Leg Up



Reverse 3/4 Quad



Lateral Quad / ITB



3/4 Turn Quad



Full Quad



Adductor



Calves



Back / Thoracic No neck or lower back



6. Refuel

High protein and carbs with good fats.

7. Sleep

Off devices at least 60 mins prior.
Room set to around 17 degrees. 8 or more hours sleep time.