

NORTON PERFORMANCE

Ricky Norton - 3 (Lower/1L)

Dynamic Warm-Up

**Foam Rolling and Tissue Work - use rollers, lacrosse ball, stick, etc.
5 minutes minimum**

Heel Walks Ankle Skips Lunge & Twist Reverse Lunge & Reach Crossover Lunge Side Lunge Inchworm	Reverse RDL Walking Quad Knee Hugs A-Skip (Slow) A-Skip (Fast) Hip Opener Karaoke B-Skip	World's Greatest Laying Chest Opener Iron Cross Scorpion Fire Hydrant Leg Swings Squat to Stand
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Custom Warm-Up Sequence - 3 (Lower/1L)

	Sets	Reps	Movement
A1	3	12	Pogo Hops
A2	3	8/way	Band Waltz (2 Bands)
A3	3	12 steps	Bear Crawl
B1	3	4/side	Skater
B2	3	40 sec/side	Band Glute Stretch
B3			
C1			
C2			

* A good indication of being "warm" is having a light sweat going.

* Most professionals spend upwards of 1 hour 'warming up' prior to training or games.