

NORTON PERFORMANCE

Ricky Norton - 2 (Upper)

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 - 2 (Upper)

	Sets	Reps	Movement
A1	3	8/arm	Prone T on Table
A2	3	8	Push-up (Scap Push + Feet Elevated)
A3	3	20yds/side	1-Arm KB (Bottoms Up) Waiter's Walk
B1	3	10 sec/each	Medball Plyos
B2	3	8	Serratus Wall Slides on Roller
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.