Island Walk Pickleball

Dynamic Warmup Program

Presented by:

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Clinician Notes

Do the first 8 exercises as a pre-game dynamic warm up.

On The Court Warm Up (1-2 mins each)

1. Dinks - down the line dinks across from each other
2. Backhand dinks crosscourt
3. Forehand dinks crosscourt
4. Serve Warmup
5. Serve Receive Warmup

STEP 1

STEP 2

Walking

DAILY: 1 | WEEKLY: 1

5 min quick walk with varying bouts on increased speed.

Setup
Begin standing in a flat, open space.

Movement
Walk forward by placing your heel, then toes to the ground and stepping forward with your other foot.

Tip
Make sure to maintain your balance and keep your movements controlled.

STEP 1

STEP 2

Leg Swings Side to Side

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 1

Each side

Setup
Begin in a standing upright position.

Movement
Swing one leg across your body in front of you and out to the side.

Tip
Make sure to keep your movements controlled and maintain your balance during the exercise.

STEP 1

STEP 2

STEP 3

Hip Swing

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 1

Each side

Setup
Begin in a standing upright position, holding onto a chair or table for support.

Movement
Raise one leg off the ground and swing it forward and backward.

Tip
Make sure keep your core engaged and maintain your balance during the exercise.

STEP 1

STEP 2

Squat

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 1

Setup
Begin standing tall with your feet shoulder width apart.

Movement
Bend your knees, sitting your hips back with your chest upright. Return to standing and repeat.

Tip
Do not let your knees come together during the exercise.

STEP 1 STEP 2 STEP 3



Sidestepping

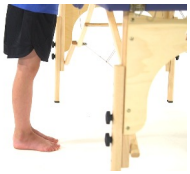
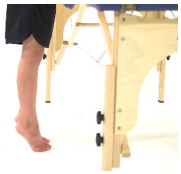
REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 1

Setup
Begin standing upright. Bend your hips and knees into a mini squat position.

Movement
Slowly step sideways, then step back to the starting position in the opposite direction.

Tip
Make sure to keep your feet pointing straight forward, your abdominals tight, and do not let your knees collapse inward during the exercise.

STEP 1 STEP 2

Heel Raise

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 1

Setup
Begin standing tall with your feet slightly less than shoulder width apart and toes pointing forward.

Movement
Lift your heels and raise up onto your toes, then lower back down, and repeat.

Tip
Make sure to keep your balance and do not let your heels roll to either side.

STEP 1 STEP 2


Standing Shoulder Circumduction

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 1

10 medium circles, 10 large circles. 1 round of forward circles, 1 round of backward circles.

Setup
Begin in a standing upright position with your arms resting at your sides.

Movement
Place your hands together and raise your arms directly in front of your body, then move them up overhead. Next, separate your hands and let them lower down to your sides, keeping them parallel with your body. At the bottom of the movement, place your hands together and repeat.

Tip
Make sure to maintain an upright posture during the exercise.

STEP 1 STEP 2 STEP 3



Plank with Thoracic Rotation on Counter

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 1

Do this at a fence or table near the pickleball courts.

Setup
Begin in a standing upright position with your hands resting on a counter.

Movement
Step backward into a plank position. Reach one arm underneath and across your body, then slowly rotate your trunk to reach your arm up toward the ceiling. Repeat with the opposite arm.

Tip
Make sure to keep your abdominals engaged and maintain your balance. Do not arch your back or shrug your shoulders during the exercise.

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Clinician Notes

These 5 exercises are to be done as a post-game cool down.

STEP 1

STEP 2

Gastroc Stretch on Wall

SETS: 2 | HOLD: 30 | DAILY: 1 | WEEKLY: 1

Setup

Setup Directions

Movement

Begin in a standing upright position in front of a wall.

Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

STEP 1

STEP 2

STEP 3

Standing Hip Flexor Stretch

SETS: 2 | HOLD: 30 | DAILY: 1 | WEEKLY: 1

Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

STEP 1

STEP 2

Seated Figure 4 Piriformis Stretch

SETS: 2 | HOLD: 30 | DAILY: 1 | WEEKLY: 1

Setup

Begin sitting upright in a chair with both feet on the ground. Bring the ankle of one leg up onto the knee of your opposite leg.

Movement

Apply a gentle pressure with one hand on the top of your bent knee, and lean forward until you feel a stretch in your buttocks. Relax, then repeat.

Tip

Make sure to keep your shoulders relaxed and back straight during the exercise.

STEP 1

STEP 2

Standing 'L' Stretch at Counter

SETS: 2 | HOLD: 30 | DAILY: 1 | WEEKLY: 1

Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Step your feet backward, allowing enough space for you to hinge forward at your hips and reach your arms overhead until you feel a stretch in your shoulders and your back. You may also feel the stretch in the back of your legs. Hold this position.

Tip

Make sure to keep your movements slow and controlled and only move in a pain free range of motion.

STEP 1

Standing Shoulder Posterior Capsule Stretch

SETS: 2 | HOLD: 30 | DAILY: 1 | WEEKLY: 1

Setup

Begin in a standing upright position.

Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.