

Pickleball Warm up exercises



Benefits of warming up

- Metabolism increases
- Body Temperature increases
- Heart rate increases causing increased blood flow and oxygen circulation throughout the body
- Muscle and joint mobility increases
- Chances of injuries are reduced.

Two types of warm ups

General — using large muscle groups to gather blood into the muscles

Specific — using preparatory movements that will be used in the main activity to fully prepare the areas of the body for full exercise

These warm up activities are specific warm ups for PB or most racquet/paddle sports

Ankle Rolls — standing — one foot at a time, toe down heel up slightly and roll ankle in a circle 10-15 times each ankle

Hip Pendulum — standing, feet slightly apart — swing one leg forward and backward at a gentle but large motion 10-15 times each leg. Repeat with the other leg.

Hip Pendulum, sideways — standing — feet slightly apart; swing one leg sideways at a gentle but large motion 10-15 times each leg. Repeat with the other leg.

Hip Circles — standing — Lift one knee upward and inward, then rotate it outward and in a circle. Repeat 10-15 times, then repeat with the other leg.

Knee circles — standing — with feet and knees together. Place the hands on the knees and rotate knees in a circular motion 10-15 times clockwise and counterclockwise

Lateral side stretches — feet shoulder width apart — lean to one side hold for 2-3 sec. then lean to the other side do 10 each side

Shoulder turnstiles — standing, arms at the sides with elbows bent and forearms parallel. Swing the arms side to side 10-15 times

Traffic cop — Standing — arms shoulder level (or as high as possible), one elbow bent upwards at 90° and the other arm bent 90° downward. Switch the arm positions 10-15 times each arm.

Diagonal extensions — standing — arms extended out in front of the body. Swing one arm upward and backward, the other arm goes downward and backward as far as possible 10-15 times each side