The goal of Movement Prep is to increase flexibility, stability and balance, reduce injury potential, and increase speed and power. This guide is designed to assist you in performing the exercises correctly.

Depending on your level of fitness, a good starting point might be 2-3 reps of each exercise, 3 times per week, working your way up to 5-10 reps of each exercise before every workout, 6 times per week.

The information in this manual is based on the book Core Performance, by Mark Verstegen.
HAND WALK

Objective:
The objectives of this exercise are to build stability in your shoulders and core, and to lengthen your hamstrings, calves, and lower-back muscles.

Starting Position:
Stand with your legs straight, bend at the waist and place hands flat on floor. If you are not flexible enough to start from this position without straining, move your hands out away from your feet until you can comfortably place hands flat while keeping legs straight, (see 2nd photo).

Procedure:
Keeping legs straight and belly button drawn in towards spine, walk your hands out. Still keeping your legs straight, walk your feet back up to your hands. Use small ankle steps to walk your feet up to your hands.

Keys:
Keeping your belly button sucked into your spine activates your Transverse Abdominis, which is one of the main muscles that supports proper back posture. Don’t walk your hands out further than you can maintain a straight back. Don’t let your hips sag or elevate. Remember, small steps back to starting position, don’t use your hips, knees, or quads. Remember to only walk your feet to the point of stretch not strain. As you progress you will be able to get closer to starting with hands and feet together.

Where You Should Feel It:
You should feel a stretch in your hamstrings, lower back, glutes, and calves. You should feel your core, abs contracting to support your body at full extension. You should feel a burning in the front of your shins.

No Progressions
Calf Stretch

Objective:
The objective of this exercise is to increase flexibility in your calves and Achilles tendon.

Starting Position:
From the push-up position with butt up in the air to form an inverted "V", place your right foot over your left heel. Your left leg should be straight. Your weight should be on the ball of your left foot, and your heel should be off the ground.

Procedure:
Pull your left toes up toward your shin, while at the same time pushing your left heel down toward the ground with your right foot. Exhale as you slowly lower your heel. Hold for one count. Your heel should touch or almost touch the ground. Raise your left heel again and repeat for the desired number of repetitions, then switch sides.

Keys:
Pulling toes up toward your shin at the same time you push your heel to the ground is important to help increase the range of motion. The principle behind this is called reciprocal inhibition, (the simultaneous relaxation of one muscle and the contraction of its antagonist). Keep your knee straight to focus more on the calf muscle.

Where You Should Feel It:
You should feel a stretch in your calf and ankle.

Progressions:
The progression is to bend the knee of the working leg. This shifts the emphasis to the Achilles tendon. The heel doesn't come down as far, but the toes are still being pulled up towards the shin. You should definitely feel this more in the Achilles region vs. the calf.
LATERAL LUNGE

Objective:
The objectives of this exercise are to open up the muscles of the groin and hips, and to hold pillar strength as you sit back and down.

Starting Position:
Stand with perfect posture. Shoulders back and down, belly button in towards spine, feet shoulder width apart, toes facing forward.

Procedure:
Step out to the left as far as you can while comfortably keeping toes pointed forward and both feet flat on the ground. Squat by sitting back and down on your left leg, keeping your right leg straight and the majority of your weight on the left leg's mid foot to heel. Squat as low as possible while keeping the right leg straight. Hold the squat position for 2 seconds then return to the starting position.

Keys:
Remember to squat back and down with most of your weight over the working leg. Imagine sitting in a chair. Keep your belly button drawn in towards your spine throughout the entire exercise. Keep your feet flat and pointed forward at all times. Your arms can be used as counter balance as you squat, but try not to bend forward at the waist. Pay attention to the working knee joint. Keep your knee from moving laterally or from moving beyond the front of your toe.

Where You Should Feel It:
You should feel a stretch along the inside of the thigh of the nonworking leg. You should feel activation of the quad glute and hip flexors of the working leg.

No Progressions
HIP CROSSOVER

Objective:
The objective of this exercise is to build mobility and strength in your torso by disassociating your hips and shoulders.

Starting Position:
Lie on back with knees bent at approximately 90 degrees, feet flat on floor. Arms out 90 degrees to body, palms pressed flat to floor. Shoulder blades should remain in contact with the floor throughout this exercise.

Procedure:
Twist your bent legs to the right until they reach the floor, then twist back to the left. Movement should be controlled, not jerky with only the slightest pause at the end of each twist. REMEMBER TO KEEP SHOULDER BLADES AND PALMS PRESSED FLAT TO THE FLOOR. Notice how the feet ride one on top of the other through the entire range of motion.

Keys:
Keep abdominal muscles drawn in and torso and feet in contact with the ground. A good point to remember is to only allow your knees to travel to the left or right as far as you can without your shoulder blades coming off the floor.

Where You Should Feel It:
You should feel this stretching and contracting the muscles of your core.

Progressions:
As you strengthen your core you can progress to your feet off the ground and knees bent at 90 degrees, the next progression would be to start with your legs straight up in the air, soles of the feet towards the sky. As with the initial position, make sure to keep hands and shoulder blades pressed to ground as you swing your legs from side to side.
DROP LUNGE

Objective:
The objective of this exercise is to improve flexibility in your hips, glutes, and iliobibial bands, (also known as the IT bands).

Starting Position:
Start with perfect posture, shoulders back and down, belly button drawn in towards spine, hands at sides, feet slightly apart.

Procedure:
Turn your hips to the left and reach back with your left foot until it’s about 2 feet to the outside of your right foot, your left toes pointing to your right heel. Square your hips, feet and torso. Your chest is up and abs are tight, the majority of your weight on your right leg. Drop into a full squat by pushing your hips back and down, keeping your right heel on the ground. Now drive hard off your right leg, stepping to the right with the right leg, left leg is a pivot point. Repeat for the other side.

Keys: Turn your hips to drop your leg behind. Square before you squat, make sure your back knee goes inside your right calf. If this is difficult because of your inflexibility or anatomy, drop your back leg further behind you. Remember to step with the working leg. Keep the knee of the working leg from going behind the ankle or in front of the toes.

Where You Should Feel It: You should feel a stretch in your hips, glutes, and IT bands.

No Progressions
**SUMO SQUAT-TO-STAND**

**Objective:**
The objective of this exercise is to improve flexibility in your hamstrings, groin, ankles, and lower back.

**Starting Position:**
Start with perfect posture, shoulders back and down, belly button to spine, feet outside hips, arms at sides.

**Procedure:**
Bend at the waist, grabbing under your toes with your fingers. You should have a slight bend in your knees unless you’re very flexible. Keeping your arms straight and inside your knees, pull your hips down until they are between your ankles, and lift your chest up. Then tuck your chin and try to straighten your legs, holding your toes as you straighten out your hips and knees.

**Keys:**
Hold your toes at the bottom of the movement. Try and drive your hips forward between your ankles. You want your torso as vertical as possible. Keep your heels on the ground. Make sure to keep your back flat, not humped.

**Where You Should Feel It:**
You should feel a stretch in your groin, glutes, lower back, and to a lesser degree, ankles.

**No Progressions**
**BACKWARD LUNGE WITH A TWIST**

**Objective:**
The objective of this exercise is to lengthen your hip flexors, quads, and core. This stretches everything from your big toes to your hands.

**Starting Position:**
Stand with perfect posture, shoulders back and down, belly button drawn in towards spine, hands at sides, feet together.

**Procedure:**
Step back with your right leg into a lunge. Arch your back slightly while twisting your torso over your left leg and at the same time reaching your right hand to the sky. Your left hand should reach back towards your right ankle. Push back and out of that position into the next lunge. Repeat for the opposite side.

**Keys:**
As you arch your back and rotate try and fire (squeeze) the glute of your back leg, this helps to lengthen your hip flexors. As with the forward lunge your knee needs to be over your ankle not behind or over your toes. The palms of your hands should be facing the same way you are rotating. Try and rotate far enough that your back hand reaches the midline of your body.

**Where You Should Feel It:**
You should feel a stretch from your back leg through your core and lats, and a stretch of your hip flexors.

**No Progressions**
FORWARD LUNGE
FOREARM-TO-INSTEP

Objective:
The objective of this exercise is to improve flexibility in your hips, hamstrings, lower back, torso, groin, hip flexors, and quads.

Starting Position:
Stand in perfect posture, shoulders back and down, hands at sides, feet just slightly apart.

Procedure: Take a large step forward with your left leg, as if doing a lunge. Place and support weight on your right hand, even with your left foot. Take your left elbow and reach down to your instep (forward leg) while keeping your back knee off the ground. Then move your left hand outside your left foot and push your hips to the sky, pulling your toe up toward your shin (forward leg). Finally step forward into the next lunge and repeat.

Keys: As you reach your elbow to the instep, really drop your hips towards the floor exhaling as you do so. Make sure and keep the tibia of your forward leg perpendicular to the ground. Don't let your knee be behind your ankle or in front of your toes. At the end of each rep make sure both hands remain in contact with the ground as you lift your hips and pull your toe toward the shin. This should be a smooth continuous exercise without pauses.

Where You Should Feel It:
You should feel a stretch in your groin, your back leg's hip flexor, and your front leg's glute. During the second part, you should feel a stretch in your front leg's hamstring and calf.

No Progressions
LATERAL LUNGE

Objective:
The objectives of this exercise are to open up the muscles of the groin and hips, and to hold pillar strength as you sit back and down.

Starting Position:
Stand with perfect posture. Shoulders back and down, belly button in towards spine, feet shoulder width apart, toes facing forward.

Procedure:
Step out to the left as far as you can while comfortably keeping toes pointed forward and both feet flat on the ground. Squat by sitting back and down on your left leg, keeping your right leg straight and the majority of your weight on the left leg's mid foot to heel. Squat as low as possible while keeping the right leg straight. Hold the squat position for 2 seconds then return to the starting position.

Keys:
Remember to squat back and down with most of your weight over the working leg. Imagine sitting in a chair. Keep your belly button drawn in towards your spine throughout the entire exercise. Keep your feet flat and pointed forward at all times. Your arms can be used as counter balance as you squat, but try not to bend forward at the waist. Pay attention to the working knee joint. Keep your knee from moving laterally or from moving beyond the front of your toe.

Where You Should Feel It:
You should feel a stretch along the inside of the thigh of the nonworking leg. You should feel activation of the quad glute and hip flexors of the working leg.

No Progressions
INVERTED HAMSTRING

**Objective:**
The objective of this exercise is to improve hamstring flexibility and balance, along with dynamic pillar stabilization.

**Starting Position:**
Balance on right foot with right knee slightly flexed. Belly button should be drawn in, shoulders back and down, chest out. Perfect posture. Arms stretched out perpendicular to body. Hands, palms up loose fist with thumbs up.

**Procedure:**
Bending at the waist, keeping perfect posture, extend your left leg back as you fire the left glute. Your shoulder and heel should move as one, forming a straight line from your ear to your ankle. Keep the slight bend in your right knee. Try and keep your left toe pointed at the ground, your body will want to rotate it to the left or right. Bend as far as your hamstring on your right leg will let you comfortably go. Do not try and bend further by just moving chest towards ground. Return to starting position and alternate legs.

**Keys:**
Remember a straight line from ear to ankle. Don’t worry if you can’t reach the chest parallel to the ground position initially. Toe pointed to ground. Keep a slight bend in supporting leg. Don’t let your torso twist laterally, your back and pelvis should remain flat. This is a difficult exercise to master.

**Where You Should Feel It:**
You should feel a stretch in your hamstring of the supporting leg, along with tension in hip, knee, ankle and foot muscles of the supporting leg, as your body tries to maintain balance. You should also feel contraction in your glute of the leg being extended back.

**No Progressions**
**SCORPION**

**Objective:**
The objectives of this exercise are to lengthen and strengthen the muscles of your core; stretch your chest, quads, hips, and abs; and activate your glutes.

**Starting Position:**
Lie face down on the floor, with your arms out at 90 degrees palms down. Feet should be dorsi-flexed.

**Procedure:**
Thrust your right heel toward your left hand by squeezing your right glute while keeping your left hip glued to the ground. Alternate legs. You should try and touch the ground with the heel of the leg you’re moving. The toe of that foot should be pointed to the sky as you touch the ground as close to your hand as you can get. **DO NOT STRAIN TO TOUCH YOUR FOOT TO THE GROUND!** If you can’t touch don’t worry as you progress you will become more flexible.

**Keys:**
Be sure to fire (squeeze) your glute as you thrust your heel towards the opposite hand. Don’t use the opposite foot or leg to assist in thrusting your leg. It is ok to have your chest come off the ground as you reach the full range of motion.

**Where You Should Feel It:**
You should feel a stretch in your quads, hip flexors, chest, and abs, along with activation of your glutes.

**No Progressions**