

Serve Accelerator Workouts

Dynamic Warm Up A

Alternating Lateral Lunges



- Stand straight, feet shoulder width apart
- Step out with one leg into a side lunge position
- Keep one leg straight, feet flat on the ground and the other leg bent
- Place hands down in front of body between the legs
- Bend over at upper body keeping spine neutral
- Push off strongly, pivot lead foot 180 degrees and rotate body lunging in the other direction
- Continue to alternate directions with the lateral lunge

Cradle Walks



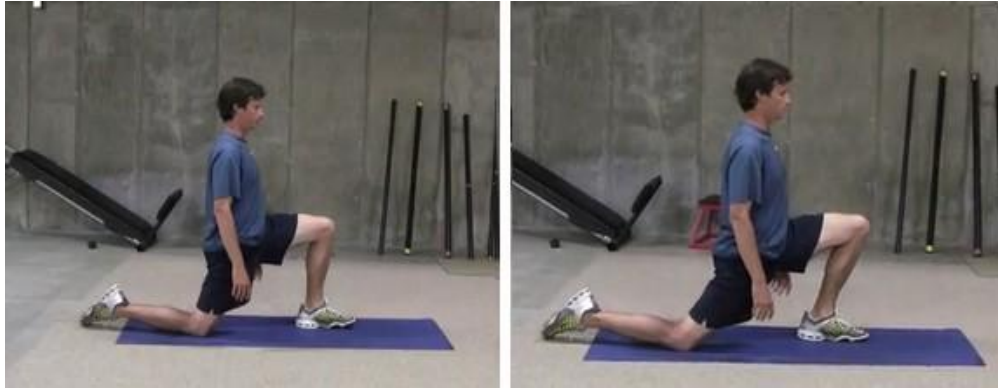
- Stand straight with feet shoulder width apart
- Grab ankle and foot with both hands, pulling bent leg upward chest
- Come up on toe of standing leg if possible (advanced version)
- Feel stretch in glute and upper hamstring
- Release leg back down return to starting position
- Switch to other leg while moving forward
- Repeat for desired reps or distance

Glute Bridge



- Lay flat on back with both feet flat on ground, arms out at an angle with palms up
- Push hips up until they form straight line from knees to shoulders
- Feel glutes working
- Slowly return to starting position
- Repeat for desired reps

Hip Opener Active Stretch



- Kneel down with one knee in contact with ground
- Place other floor firmly on ground with leg at 90 degree angle
- Squeeze glute on kneeling leg
- Keep upper body upright and spine neutral throughout
- Lean forward and hold the stretch for 2 seconds
- This movement doesn't have to be long to feel a stretch
- Move back to original position and repeat for desired reps
- Switch to other side

Lat Lengthener



- Stand next to a door opening and grab one side with hand
- Arm is straight with palm turned out
- Lean away from door opening with straight arm feeling an active stretch
- Feel active stretch in lat area
- Hold for 2 seconds, relax and repeat for desired reps
- Switch to other arm

Reverse Lunge Overhead



- Stand straight feet under shoulders with arms overhead
- Lunge back with one leg bringing back knee down to the ground
- Keep arms overhead palms facing in
- Keep upper body upright
- Return to original position and repeat for desired reps

Spiderman



- Stand straight feet under shoulders
- Lunge forward with one leg and attempt to place both hand to inside of foot
- Front foot firmly on the ground
- Bring back leg up and through to lunge out again
- Keep hands inside the front foot each time the lunge is performed
- Repeat for desired reps or distance

Squat To Stand



- Stand straight with feet turned out wider than shoulder width apart, direction
- Bend over and grab ankles
- Squat down keeping elbows inside knees
- Stand up while holding ankles
- Repeat for desired reps

Toy Soldiers



- Stand straight feet under shoulders
- Kick one straight leg up in front of body as high as possible
- Attempt to touch opposite foot to hand
- Bring foot down and switch legs
- Keep upper body straight
- Exercise can be performed in one place or while moving forward
- Repeat for desired reps or distance