Marshalls Dynamic warm up routine 2025'

Exercises for mobility, flexibility, dynamic stretching, and light cardio.

Routine Benefits.

1. **Cardiovascular Activation**
   - 400-meter jog: Warms up the cardiovascular system and increases core temperature.
2. **Foot and Ankle Activation**
   - Toe walks, heel walks, toe flicks, heel flicks: Activate and strengthen the lower leg and foot muscles while improving balance.
3. **Dynamic Stretching and Flexibility**
   - Quad grab, hip grab, quad to superman, double-leg hamstring, Frankenstein ham: Lengthen key muscles and improve dynamic flexibility.
4. **Dynamic Mobility and Coordination**
   - A-skips, high knees, butt kicks, karaoke, backpedal, alt bounding jumps: Develop coordination, rhythm, and mobility in a baseball-relevant way.
5. **Lateral and Rotational Movements**
   - Side jacks, side-to-side ham shuffle, karaoke: Enhance lateral movement and rotational mobility, both critical for baseball.
6. **Core and Full-Body Engagement**
   - Squat, lunge with a twist, inchworm: Activate large muscle groups and engage the core while building stability.
7. **Shoulder and Thoracic Mobility**
   - Arm Circles (small to large): Improves shoulder mobility.
   - T-Spine Rotations (on all fours or standing): Enhances thoracic spine rotation for better throwing and swinging mechanics.
8. **Hip Opener Movements**
   - World's Greatest Stretch: Combines a lunge with a thoracic rotation to improve hip, hamstring, and spine mobility.
   - Hip Openers (walking with an external rotation): Specifically targets the hips, which are crucial for explosive power.
9. **Plyometric Activation**
   - Jumping Jacks or Star Jumps: Activates fast-twitch muscle fibers and prepares for explosive movements.
   - Lateral Hops: Develops ankle stability and lateral explosiveness.
10. **Balance and Stability**
    - Single-Leg Romanian Deadlifts (bodyweight): Improves balance and hamstring activation.
    - Y-Balance Drill: Challenges stability and proprioception.

Each exercise will be performed 2x 15 yards.

400-meter jog

1. Toe walks
2. heel walks
3. toe flicks
4. heel flicks
5. Arm circles (small to large)
6. A-skips
7. Quad grab, hip grab, quad to superman
8. Double-leg hamstring stretch
9. Frankenstein kicks
10. World's Greatest Stretch
11. Side jacks
12. side-to-side ham shuffle
13. High knees
14. Butt kicks
15. Karaoke
16. Backpedal
17. Alt bounding jumps
18. Lateral hops
19. Squat, lunge with a twist
20. T-spine rotations
21. Inchworm
22. Jumping Jacks or Star Jumps

Benefits of the Dynamic Warm-Up

- Injury Prevention: Prepares muscles and joints for activity, reducing the risk of strains or pulls.
- Performance Enhancement: Enhances neuromuscular efficiency, improving reaction time, coordination, and explosiveness.
- Movement Preparation: Simulates baseball-specific movements, improving mobility, flexibility, and balance for optimal performance.
- Mental Focus: Serves as a mental transition to practice or competition, promoting focus and readiness.