

XLathlete.com

Short Dynamic – ACL Injury Prevention Warm Up For Sport

1. [Jogging with 360 Turns](#)

Forward and Backward

5 to 8 Seconds Each Direction

2. [Jogging with Cross Over Step](#)

Forward and Backward

5 to 8 Seconds Each Direction

3. [Carioca Right and Left](#)

5 to 8 Seconds Each Direction

4. [Carioca with Same Leg in Front](#)

5 to 8 Seconds Each Direction

5. [Shuffle Bent-Over Arm Swing](#)

Right and Left

5 to 8 Seconds Each Direction

6. [Carioca with Same Leg Behind](#)

Right and Left

5 to 8 Seconds Each Direction

7. [Jogging High Knees 360 Turn](#)

Forward

5 to 8 Seconds Each Direction

8. [Walking Lunge with Twist](#)

Right and Left

3 to 5 Steps Each Leg

9. [Figure 4 Sit Walks](#)

3 to 5 Steps Each Leg

10. [Single Leg T RDL](#)

5 to 7 Steps Each Leg

11. [Shuffle Drag Foot](#)

Right and Left

3 to 5 Steps Each Leg

12. [Reverse Walking Toe Touch](#)

3 to 5 Steps Each Leg

13. [Lateral Shift Lunge](#)

3 to 5 Steps Each Leg

14. [Standing Arm Circles](#)

Forward and Backward

5 to 8 Seconds Each Direction

15. [Trunk Rolls](#)

5 Each Direction

16. [Goalie Squat](#)

5 Each Direction

17. [Trunk Twist](#)

5 Each Direction

18. [Hip Swings on Wall/Partner](#)

5 Side to Side Each Leg

19. [Windmill](#)

7 Each Way – Touch Toe

20. [Spread Eagle Leg Swings](#)

5 Side to Side Each Leg

21. [Lying On Back Straight Leg Kicks](#)

5 Each Leg

22. [Laying Leg Circles](#)

5 Circles Each Leg

23. [Scorpion](#)

5 Times Each Side Leg To Hand

