

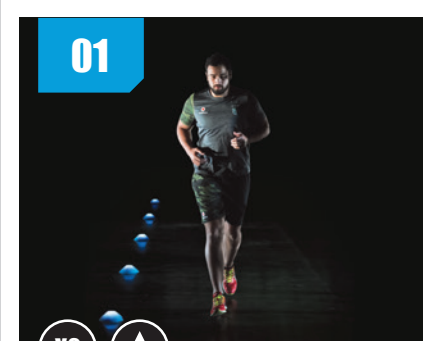
# WARM UP



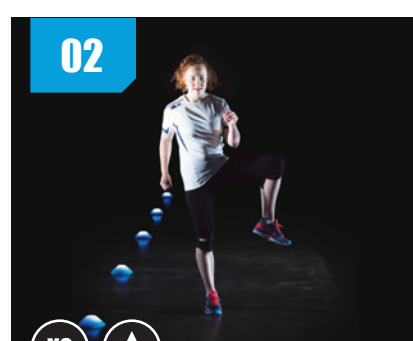
PREVENTION. CARE. RECOVERY.

Te Kaporeihana Āwhina Hunga Whara

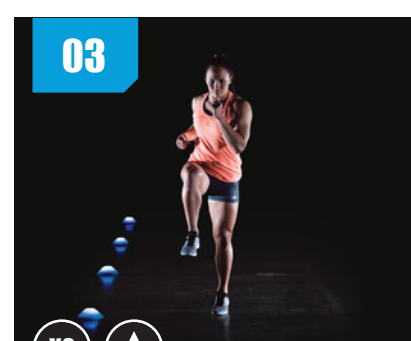
## PART ONE RUNNING · 8 MINUTES



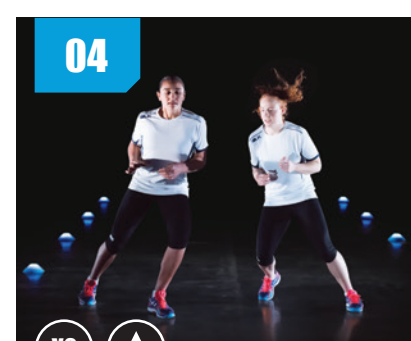
**01**  
X2 ★  
**RUNNING STRAIGHT AHEAD**



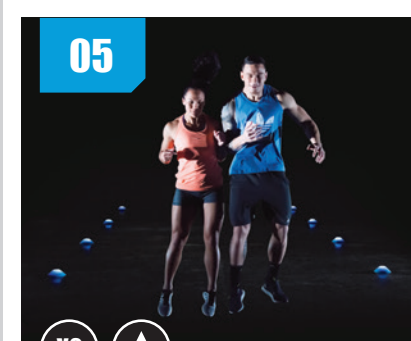
**02**  
X2 ★  
**RUNNING HIP OUT**



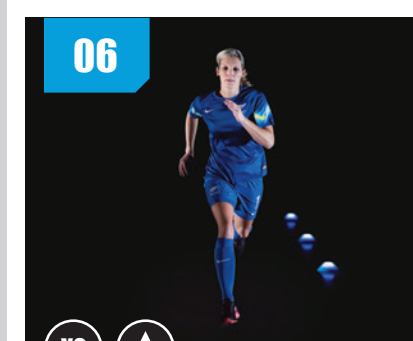
**03**  
X2 ★  
**RUNNING HIP IN**



**04**  
X2 ★  
**RUNNING CIRCLING PARTNER**



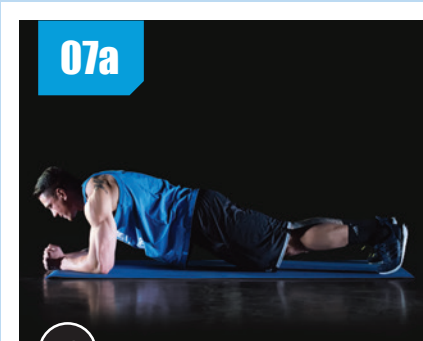
**05**  
X2 ★  
**RUNNING SHOULDER CONTACT**



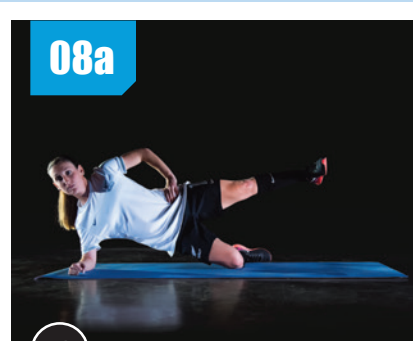
**06**  
X2 ★  
**RUNNING QUICK FORWARDS AND BACKWARDS SPRINTS**

## PART TWO STRENGTH, PLYOMETRICS AND BALANCE · 10 MINUTES

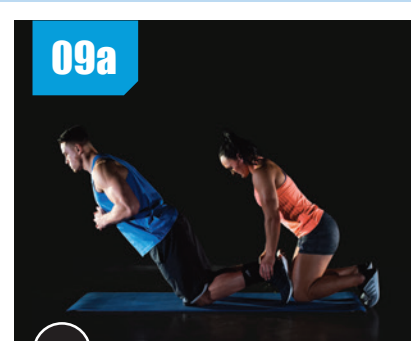
### BEGINNER



**07a**  
X3  
**THE BENCH STATIC**



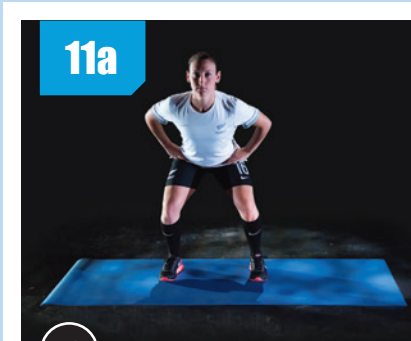
**08a**  
X3  
**SIDWAYS BENCH STATIC**



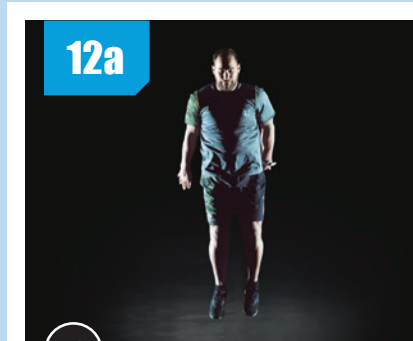
**09a**  
X1  
**HAMSTRINGS BEGINNER**



**10a**  
X2  
**SINGLE LEG STANCE HOLD THE BALL**

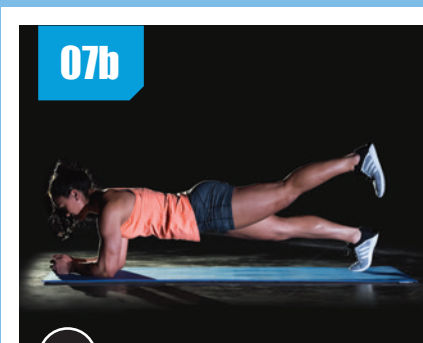


**11a**  
X2  
**SQUATS WITH TOE RAISE**

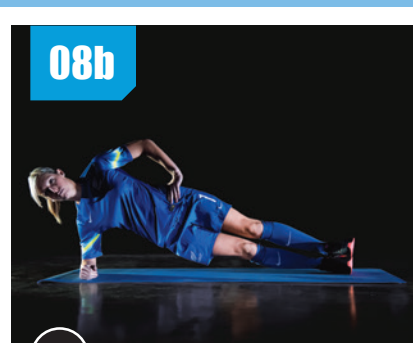


**12a**  
X2  
**JUMPING VERTICAL JUMPS**

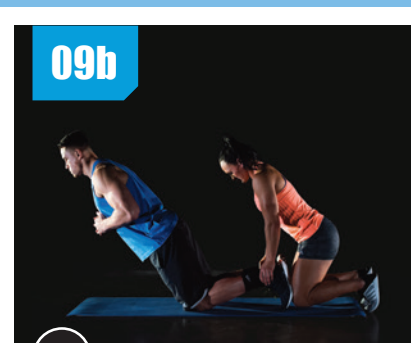
### INTERMEDIATE



**07b**  
X3  
**THE BENCH ALTERNATE LEGS**



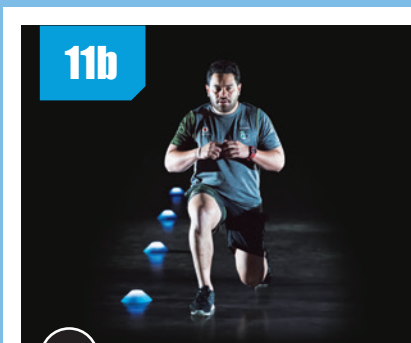
**08b**  
X3  
**SIDWAYS BENCH RAISE AND LOWER HIP**



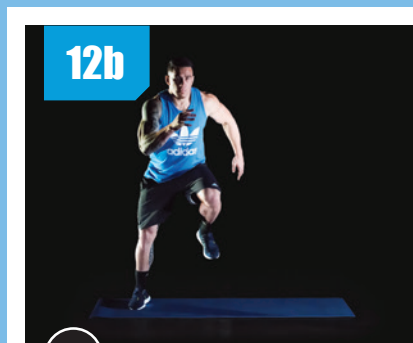
**09b**  
X1  
**HAMSTRINGS INTERMEDIATE**



**10b**  
X2  
**SINGLE LEG STANCE THROWING BALL WITH PARTNER**



**11b**  
X2  
**SQUATS WALKING LUNGES**

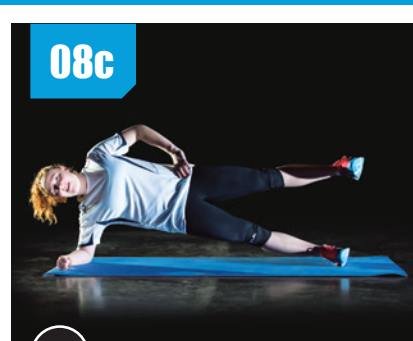


**12b**  
X2  
**JUMPING LATERAL JUMPS**

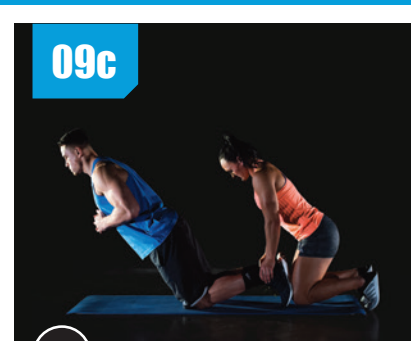
### ADVANCED



**07c**  
X3  
**THE BENCH LIFT AND HOLD**



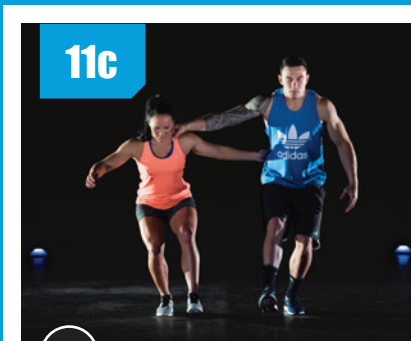
**08c**  
X3  
**SIDWAYS BENCH WITH LEG LIFT**



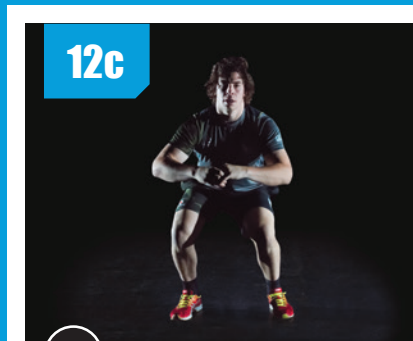
**09c**  
X1  
**HAMSTRINGS ADVANCED**



**10c**  
X2  
**SINGLE LEG STANCE TEST YOUR PARTNER**

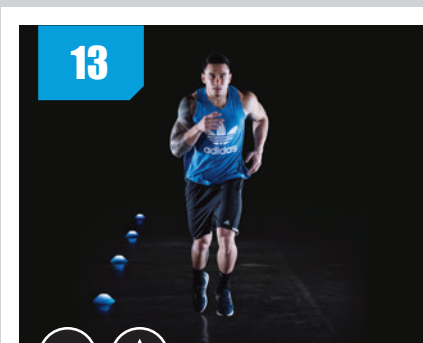


**11c**  
X2  
**SQUATS ONE LEG**

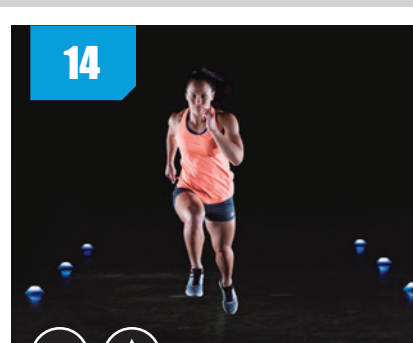


**12c**  
X2  
**JUMPING BOX JUMPS**

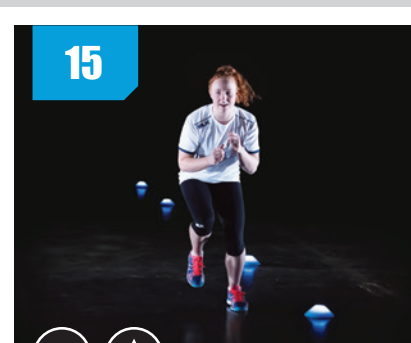
## PART THREE RUNNING · 8 MINUTES



**13**  
X2 ★  
**RUNNING ACROSS THE PITCH**



**14**  
X2 ★  
**RUNNING BOUNDING**



**15**  
X2 ★  
**RUNNING PLANT AND CUT**

**ACC SportSmart**

Check out videos and more at:  
[accsportsmart.co.nz/warmup](https://accsportsmart.co.nz/warmup)

Key:

★ Game day exercises

X Number of exercise repetitions