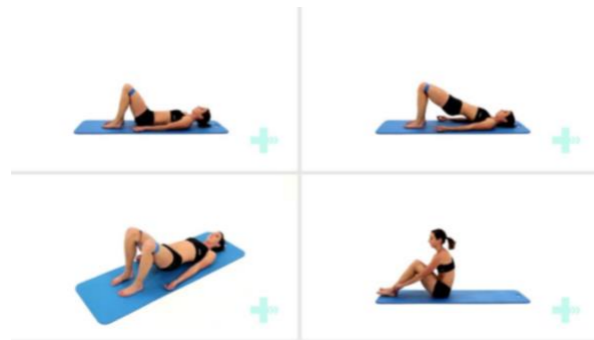


Eltham Wildcats Pre Training and Game Muscle Activation Warm Up:

Banded Bridges

1. Put the band above your knees
2. Lie on your back with knees bent up
3. Push out slightly on the band with your knees
4. Raise your hips up off the floor into a bridge position keeping your knees apart
5. Control the movement back down



Complete 2x10

Hamstring Bridges

1. Lie on your back bend your knees to 90deg
2. Pull your toes up off the floor towards you and rest on your heels
3. Slowly lift your hips up off the floor so your knee back and thighs are in a straight line
4. Slowly control the movement back down to the floor



Complete 2x10

Clams with band

1. Place the band around your knees
 2. Lie on your side put your feet and knees together
 3. Bend your legs keeping your feet in line with your back
 4. Make sure to keep your shoulder upright and do not roll back
 5. Squeeze your heels together and slowly lift the top knee up against the band
 6. Lower the knee back down slowly
- ** Ensure you stay on your side and do not roll your hip or shoulders back with the movement ****



Complete 2x10 L and R

Running Man

1. Place a resistance band around the balls of your feet
2. Standing with hands against the wall and feet around 50cm from the wall
3. Widen your feet to just over shoulder width with resistance on the band
4. Maintaining the resistance on the band drive your knee up towards your chest/the wall
5. Repeat on the opposite side as if you are running



Complete 2x15

Crab Walks

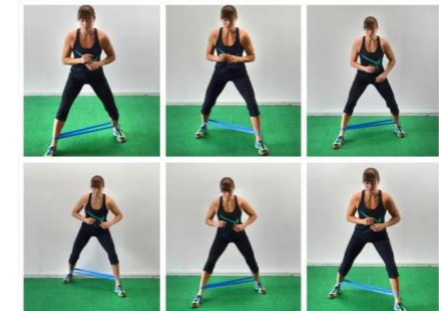
1. Place the band around your ankles
2. Gather some tension on the band
3. Stand in a small squat position with your bum poking out
4. Slowly sidestep always maintaining slight tension on the band
5. Repeat to both the Left and Right



Complete over 5m 4 to the right and 4 to the left

Monster Walks

1. Place a band around your ankles
2. Gather some tension on the band
3. Stand in a small squat position with your bum poking out
4. Slowly maintain tension on the band and step forward with a very small in and out circle
5. Then repeat the same movement but stepping backwards



Complete over 5m 4 forward and 4 Backwards