



German Baseball Clinic
BASEBALL WARM-UPS



Warm-It- Up- Goals

- Innervate Nervous System
- Muscle Inhibition
- Muscle Lengthening
- Muscle Activation
- Muscle Integration



RESEARCH- REAL WORLD vs. Clinical

- My experience...



Benefits of Flexibility Training

- Correcting Muscle Imbalances
- Increase Joint Range of Motion
- Decrease excessive tension on muscles
- Relieve Joint Stress
- Maintaining the normal functional length of all muscles
- Improving Optimal Neuromuscular Activity

Source: NASM- National Academy of Sports Medicine

Key Areas of Flexibility

- Hip Flexors- Multiplanar
- Hamstrings- Multiplanar
- External Rotators of Hip
- Lats
- Internal Rotators of Shoulder- Cuff



The Flexibility Continuum

- Static
- Dynamic
- Passive
- Active
- 3D Stretching



Static Flexibility

- Length via time under tension
- Neural Depression
- When to use: Recovery-Post, Corrective- Pre
- Ex: Hip Flexors, Hamstrings- kneeling



Dynamic Flexibility

- Length via muscle contraction
- Proven strategy for more permanent length change
- Neural Activator
- When to Use: Pre- Practice, Pre-Game, Pre-Lift
- Ex. Handwalks, Knee Cradles, KOREY GOES WILD!



Passive Flexibility

- PNF
- Partner Stretching
- Activator or Depressor depending on technique
- When to Use: Flexibility Restrictions
- Activate and Integrate Post Stretch ex. Glute Bridge + Squat



Active Flexibility

- Length via Agonistic Contraction
- Neural Activator
- When to Use: Pre-Game, Practice, Lift
- Ex. Supine Leg Lift, Leg Swings- Front/ Back, Side/ Side, Madonnas



3D Flexibility

- Is sport 1 dimensional? Then why stretch like it?
- Length via multi-planar movement
- Integration between lower and upper extremity- multiple length patterns
- Uses: Pre- Activity, Post-Activity



The Ultimate Inhibitor

- SMFR- The Foam Roller
- Inhibit Muscle 1st for Greatest Length Gains!
- SMFR will free muscle of tension, decrease triggers, and allow for optimal glide
- Healing/ Recovery- Muscle Flush



Flexibility vs. Mobility

- Flexibility- Muscle Length
- Mobility- Range of Motion around a Joint



Ankles?? Hips??



Mobility

- Mobility and the Squat
- Ankle Mobes- Active



Start OUT-TRAINING with the Warm- Up

- Static + Dynamic (It's a MIX of Both)
- Static Flex
 1. Use for Injury Prevention/ Recovery
 2. Hip Flexors/ Groin/ Hamstrings/ Lats



Dynamic Warm-Ups

- Dynamic Warm Ups

1. Increase Core Temp

2. Increase Muscle Pliability

3. Increase Neural Awareness

4. Allow for Stronger Muscular Contractions

5. Reinforce Positive Movement Patterns

6. Create More-Permanent Flex Gains



Achievement of Basic Fitness

- Dynamic Warm-Ups will provide training benefits such as:
 1. Enhancing body composition
 2. Work capacity
 3. Function of CNS and Sequencing of Movement
 4. Strength
 5. Movement Efficiency- Neuromuscular Coordination

Real Results...

"Thanks Dana, Florida was fun and I have been doing some of the warm-up stuff already along with some sprints and I have lost ten pounds already. Thanks again."

Dynamic Warm-Up

