



Pickleball Warm Up Routine

Calf raises + double and single leg hopping

- start with calf raises and work up to hopping if you can
- Aim for 30seconds of raises or hopping



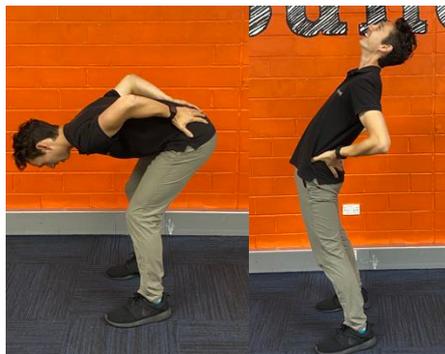
Mini squats + squats + crab walks

- Stick your bottom back like you're sitting on a chair
- 10-15 mini/full squats
- Crab walk: take 5 steps each side while squatting



Bending forward + bending back

- Push your hips as far back as you can and then as far forward as you can
- Aim for 10 forwards/backs



Side to side lunges

- Lunge as far to each side as you can
- Aim for 10 lunges each side





Pickleball Warm Up Routine

Torso twisting

- Twist your torso as far as you can each direction
- Aim for 10 twists each direction



Arm circles forwards and backwards

- Bring your arms around in full circles both forwards and backwards
- Aim for 10 rotations each direction



Neck movements

- Slowly move neck back and forth in 4 movements:
- Side to side, up and down, ear to shoulder, rolling around



Fast feet

- Jog on the spot quickly while practicing stepping forwards/backwards/sideways quickly



Hi Everyone!

If you haven't met me my name is Archie. I'm an exercise physiologist at Rebound Health and we're very happy to be sponsoring Northern Beaches Pickleball!

If you ever have any questions about fitness, injury treatment and rehab or general health please reach out and I'll be happy to help!

As an exercise physiologist I spend my days helping people such as yourselves live healthy, happy lives. I also help people with medical conditions, disabilities and injuries return to doing the activities they love.

If you want to get in contact with me you can reach me here:

- archie@reboundhealth.com.au
- 9907 6023 - ask for Archie!

Hopefully see you all on the courts!

