

PREPARED

PRINCIPLES OF PREVENTION



P: PRE-SHIFT WARM UP

KNEE BASIC 5



**HIGH KNEE
MARCH**

20 seconds



**BUTT
KICKS**

20 seconds



**ITB
STRETCH**

Hold 20 sec, repeat 1-2x



**STANDING
CALF STRETCH**

Hold 20 sec, repeat 1-2x



**STANDING
HAMSTRING STRETCH**

Hold 20 sec, repeat 1-2x