Sportsmetrics™ WIPP

20 Exercises in 20 Minutes

COMPONENT #1: WARM UP

1. STRAIGHT LEG MARCH 20 seconds
   Walk with both legs straight. Alternate bringing up each leg as high as possible without jeopardizing form (toes touch knees) or leaning backward. The entire body should remain tall and facing forward.

2. HAND WALK 20 seconds
   Bend at the waist and place the palm of the hands on the ground. Keeping the legs & back straight, walk using hands and feet. Try to keep the legs shoulder-width apart.

3. CRADLE WALK 20 seconds
   Walking forward, lift one leg in front of the body, bending at the knee. Rotate the knee outward and the foot inward. Hold the foot with both hands, standing on one leg. Hold for 3 sec and repeat on other leg.

4. HIP ROTATOR WALK 20 seconds
   Pretend that there is an obstacle beside you. Facing forward and keeping shoulders and hips square, rotate one leg out at the hip then bring the leg up and over the obstacle placing it back on the ground. Repeat with other leg.

COMPONENT #2: PLYOMETRICS

1. TUCK JUMP 30 seconds
   Start in an upright neutral stance and jump to tuck the knees simultaneously to chest and repeat. Mistakes to correct: bringing chest to knees with head down, double bouncing between jumps, landing loudly or wobbly.

2. SQUAT JUMP 30 seconds
   Begin in squat position with chest head up and back straight. Reach hands to the outside of heels, then jump up reaching as high as possible. Return to squat position and repeat. Mistakes to correct: bending knees over toes, knee going inward.

3. 180 DEGREE JUMP 30 seconds
   Starting from an upright neutral stance, jump straight up into the air and make a 180-degree turn before landing. Reverse direction and repeat. Mistakes to correct: over-rotating, body not turning at a 90°, lead, straight leg landing, and jumping in the same direction.

4. SCISSOR JUMP 30 seconds
   Start in a deep lunge position with front knee directly over ankle. Alternate legs by pushing off the front leg and landing with opposite leg bent in front. Mistakes to correct: landing with wobbly knees or knee past toes, switching legs without power or height and landing straight-legged.

5. BARRIER HOP SIDE/SIDE 15 seconds/leg
   Using a 6” barrier, perform a single leg hop side to side over the barrier. Switch with a double leg jump if the single leg hop is too difficult. Mistakes to correct: landing with stiff, straight knees or wobbly knees and ankles.

6. Hand Walk 20 seconds
   Set 2 cones 30’ apart. Begin on right side of 1st cone, sprint to left side of 2nd cone. Pivot around cone until facing 1st cone. Sprint to right side of 1st cone. Pivot around cone until facing 2nd cone (makes a figure 8). Staying on right side of both cones, sprint to 2nd cone. Upon reaching the 2nd cone, backpedal to the 1st. Make sure to bend at knees and touch every cone with one hand.

COMPONENT #3: STRENGTH

1. STEAMBOATS 30 seconds/leg
   Place band around ankles. Begin with feet shoulder-width apart. Slightly bend one knee so the foot is off the ground. Balancing on one leg, begin kicking the bent leg forward and backward at the hip. Keep knee to keep upper body still, not swaying back and forth. Body control is key.

2. AB CRUNCH 60 seconds
   Lie flat on back, bend one knee and place heel close to the glute. Extend other leg straight up in the air. Push with the heel to lift off the ground and maintain the extended leg higher in the air. Keep abs tight and upper back on ground. Repeat for the allotted amount of time, then switch legs.

3. PLANK 60 seconds
   Lie facedown placing elbows under shoulders and forearms on the ground. Place legs hip-distance apart and curl the toes under. Lift the body up onto elbows and toes. Maintain a neutral position with back flat and neck straight. Hold the position for the allotted amount of time.

4. SUPINE HAM BRIDGE 30 seconds/leg
   Lie flat on back, bend one knee and place heel close to the glute. Extend other leg straight up in the air. Push with the heel to lift off the ground and maintain the extended leg higher in the air. Keep abs tight and upper back on ground. Repeat for the allotted amount of time, then switch legs.

5. LATERAL STEP 30 seconds/leg
   Place band around ankles. Start with feet shoulder-width apart and step out to the side approx. 10 to 12”. Slowly and under control, follow with the other foot to return to the initial position. Repeat for the allotted amount of time, then switch direction to other leg.

6. 180 DEGREE JUMP 30 seconds
   Starting from an upright neutral stance, jump straight up into the air and make a 180-degree turn before landing. Reverse direction and repeat. Mistakes to correct: over-rotating, body not turning at a 90°, lead, straight leg landing, and jumping in the same direction.

COMPONENT #4: FLEXIBILITY

1. Calf 20 seconds/leg
   Stand in a long lunge position with the front knee bent. Make sure the front knee does not extend past the ankle. Place hands on front of thigh, press forward and keep the back leg straight. Press the heel down.

2. QUADELLICIPS 20 seconds/leg
   While standing, grab the foot or ankle and lift it up behind the body. Press the foot into the hand while pressing the hips slightly forward. The lower leg and foot should be directly behind the upper leg with no twisting forward or outward. The foot should not rest on the plate.

3. HAMSTRINGS 20 seconds/leg
   While seated, extend left leg fully and bend right leg placing the inside of the foot along the left calf. Keep the back straight, bring the chest toward the knee. Reach with both hands toward the toes.

4. HIP FLEXOR 20 seconds/leg
   Stand with feet in a lunge position with the front knee slightly bent. Push up on the rear toe. Press the hips forward while tightening the glutes until a stretch is felt in the front of the hip. The upper torso should remain upright and centered directly over the hips.

5. Quadriceps 20 seconds/leg
   While standing, grab the foot or ankle and lift it up behind the body. Press the foot into the hand while pressing the hips slightly forward. The lower leg and foot should be directly behind the upper leg with no twisting forward or outward. The foot should not rest on the plate.

COMPONENT #5: AGILITY

1. QUICK FEET 20 seconds/direction
   Start at left end of a sideline, in front of the cone, facing the sideline. Step right foot forward and diagonally to the right over the line followed by the left. Turn over right foot backward and diagonally to the right over the line followed by the left. Repeat for the allotted amount of time, turn opposite direction so other leg leads.

2. NEBRASKA DRILL 1 lap
   Set 2 cones 30’ apart. Begin on right side of 1st cone, sprint to left side of 2nd cone. Pivot around cone until facing 1st cone. Sprint to right side of 1st cone. Pivot around cone until facing 2nd cone (makes a figure 8). Staying on right side of both cones, sprint to 2nd cone. Upon reaching the 2nd cone, backpedal to the start. Make sure to bend at knees and touch every cone with one hand.

WARM Up for Injury Prevention & Performance

Cincinnati SportsMedicine Research & Education Foundation