UNIVERSITY OF PITTSBURGH

PANTHER STRENGTH & CONDITIONING

WARM-UP, FLEXIBILITY & MOBILITY EXERCISE MANUAL

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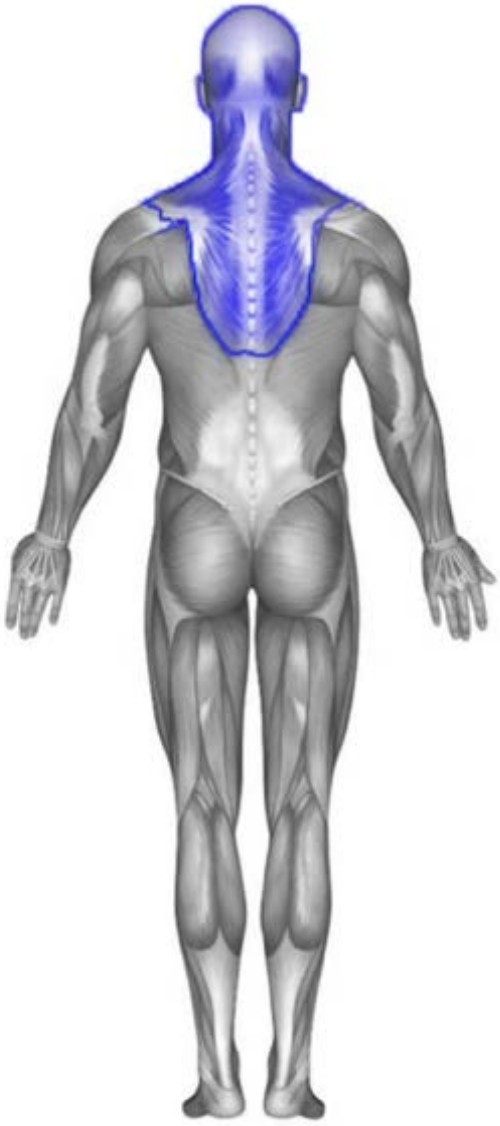
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H2P™

Upper Back, Scapula, Neck



T-Spine Extension




Flex your upper back and then arch over the roller.

Move the roller up or down and then repeat.

Overhead Extension




Maintain a neutral spine and raise your arms overhead.

Arch over the roller.

Raise your hips off the ground for more pressure.

Side to Side Upper Back Release




Rotate your upper back side to side over the roller.

PVC Scap Elevation




Hold a PVC outside shoulder width above your head.

Raise the PVC by elevating or shrugging your scaps.

SCAP I



Your arms should be straight out above your head with your thumbs up.

Raise your arms off the ground by squeezing your scaps.

SCAP Y



Your arms should be forming a "Y" with your thumbs up.

Raise your arms off the ground by squeezing your scaps.

SCAP T



Your arms should be forming a "T" with your thumbs up.

Raise your arms off the ground by squeezing your scaps.

SCAP W



Your arms should be forming a "W" with your thumbs up.

Raise your arms off the ground by squeezing your scaps.

SCAP A



Your arms should be forming a "A" with your palms face up.

Raise your arms off the ground by squeezing your scaps.

PVC Over and Back



Keep your arms straight.
Rotate the PVC up and over your head until its down at your low back.

PVC Figure 8



Keep your arms straight.
Rotate one arm overhead and then down behind your hips.
Do the same with the other arm.
Then reverse the motion.

Arm Circles



Your arms should be straight out to the side.
Rotate your arm at the shoulder either forwards or backwards.

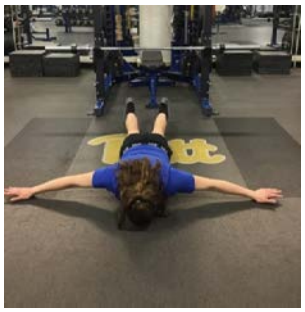
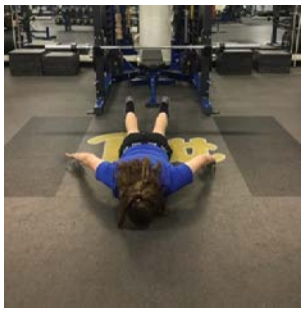
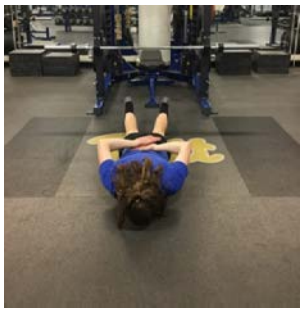
Neck Circles






Keep your torso upright.
Drop your chin to your chest and rotate it in a circular motion.

Prone Handcuff

Arms should be straight out above your head to starts.
Rotate your arms out and down into chicken wings behind your back with your palms up.
Then reverse the motion.

Side Lying Windmill








Keep your top hand in contact with the ground.
Reach and rotate your top arm above your head and over to the other side of your body.

Floor Slides




Slide your arms over your head.

Keep your low back, upper back, and forearms against the floor.

Foam Roller W's




Lower your arms to the ground in a "W" formation.

Initiate the movement from your scaps.

Squeeze at the bottom then return to the starting position.

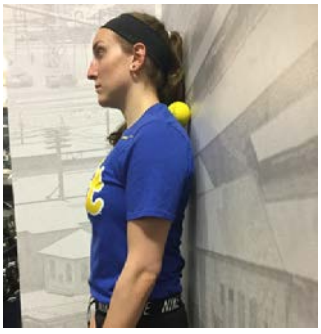
Wall Slides




Slide your arms over your head against the wall.

Keep your low back, upper back, and head against the wall.

Lacrosse Ball Trap Release



Place the ball between your shoulder and upper part of your trap.

Lean into the ball and roll around any areas that are tight.

Scap Push Ups



Start in a push up position.
Keep your arms locked out.
Let yourself "fall into" your shoulder socket by squeezing your scaps together.
Then press yourself back out.

Arms Over Under



Wrap both arms across your chest.
Alternate the top and bottom arms.

Inchworm



Bend over, walk your hands out until your in a push up position.
Then, walk your hands back in to the starting position.

Band Lying Overhead Distraction




Place a foam roller under your middle back.

Loop a band around both of your hands.

Create tension in the band by walking your feet away.

Allow the band to gently pull your arms and back.

T-Spine Rotation with Band




Loop the band over your back through your outside arm.

Put that hand behind your head.

Rotate your elbow, upper back, and head towards the ceiling.

Thread the Needle




Thread one arm under the other arm.

Your head and shoulder should be touching the floor.

Childs Pose with Rotation




Start by sitting back onto your hips (child's pose).

Thread one arm under the other arm.

Your head and shoulder should be touching the floor.

Quadruped T-Spine Rotation



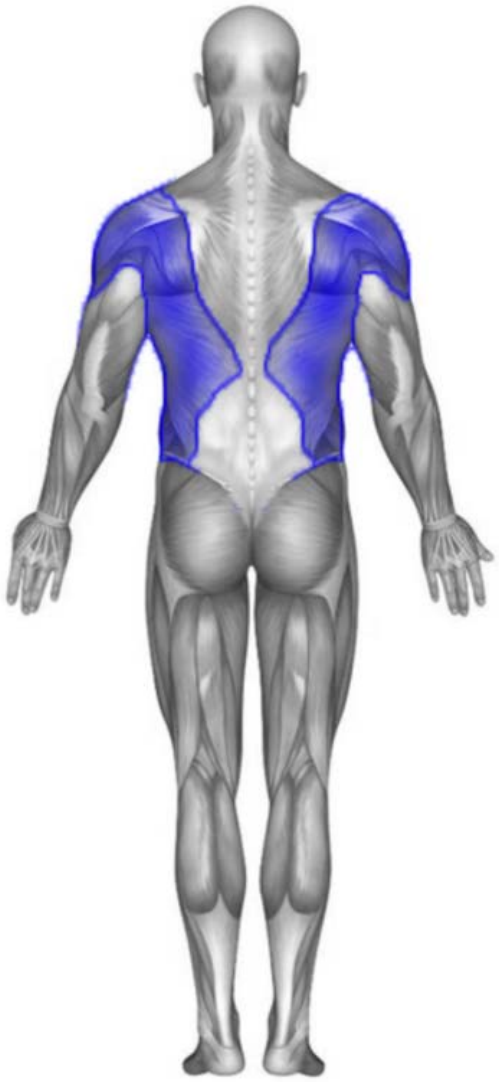
Put one hand behind your head.
Rotate your elbow, upper back, and head towards the ceiling.

Seated T-Spine Rotation



Put both hands behind your head.
Rotate your upper back, and head towards one side and then to the other side.
Keep your lower body stable, and keep an active squeeze on the pad.

Latissimus Dorsi, Posterior Deltoid



Lat Release



Position a foam roller or lacrosse ball under the back side of your

Roll up and down working over your lat.

Posterior Shoulder Release



Place a lacrosse ball underneath your shoulder near your armpit.

Lean back and place preasure into the ball.

Roll over any tight spots.

Super Front Rack



Hook your wrist in the band and turn your palm up.

Let the band pull your arm back and down.

Lean forward to create more tension.

Overhead Distraction




Hook your wrist in the band and turn your palm up.

Keep your elbow at 90°.

Allow the band to pull your arm up and back.

Overhead Distraction with External Rotation




Hook your wrsit in the band.

Step the same side leg back.

Rotate the opposite arm underneath the band.
Sink your torso and hips back and down to create more tension.

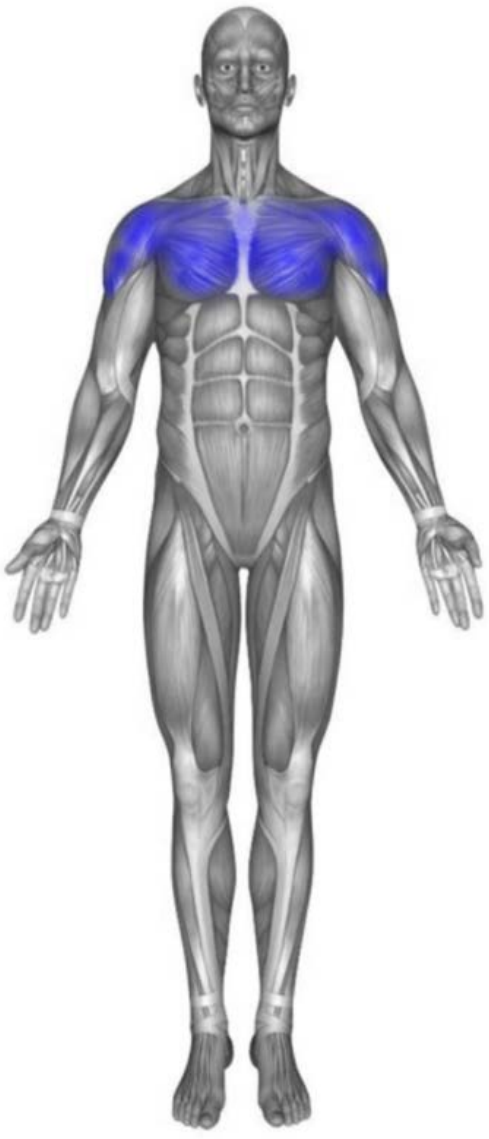
Band Dead Bug Thumb Taps





Start in a dead bug positon.
Pull the band apart and reach straight up.
Keep the tension and reach your arms over your head.
Keep your low back pressed down.
Tap the floor and return to start.

Chest, Anterior Deltoid



Chest Lacrosse Ball Release



Place a lacrosse ball in-between chest, near the armpit, and the wall.

Lean forward and roll the ball with small circular motions.

Banded Bully





Hook a band over your front delt and chest.

Put the same side arm behind you; on your low back.

Create tension by leaning or walking forward.

Banded Bully Extension Bias





Stand to the side of the band.

Hook a band around your far arms wrist.

Stay square and step farther away to create tension.

Band Lateral Opener



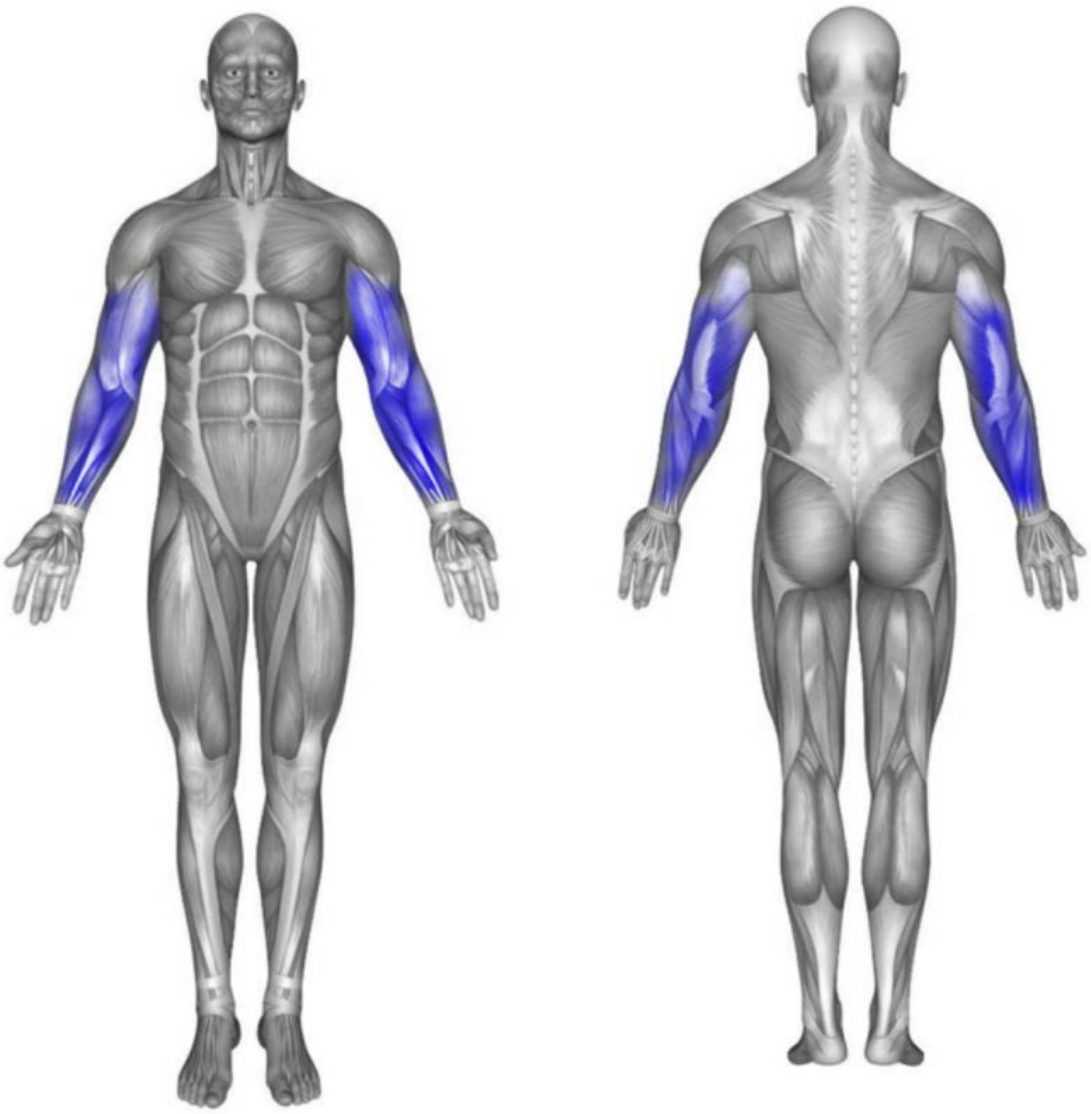


Hook a band around your wrist.

Raise your arm as if your were going to make a "Y".

Keep your palm up and rotate your body away from the band.

Triceps, Elbows, Forearm, Wrist



Anterior Forearm Release



Place your forearm on a lacrosse ball with your palm down.

Roll over the ball focusig on any tight spots.

Posterior Forearm Release



Place your forearm on a lacrosse ball with your palm up.

Roll over the ball focusing on any tight spots.

Wrist Leans





Keep your entire hand on the box or table.

Slowly rock forwards and backwards.

Foam Roller Tricep Extenion



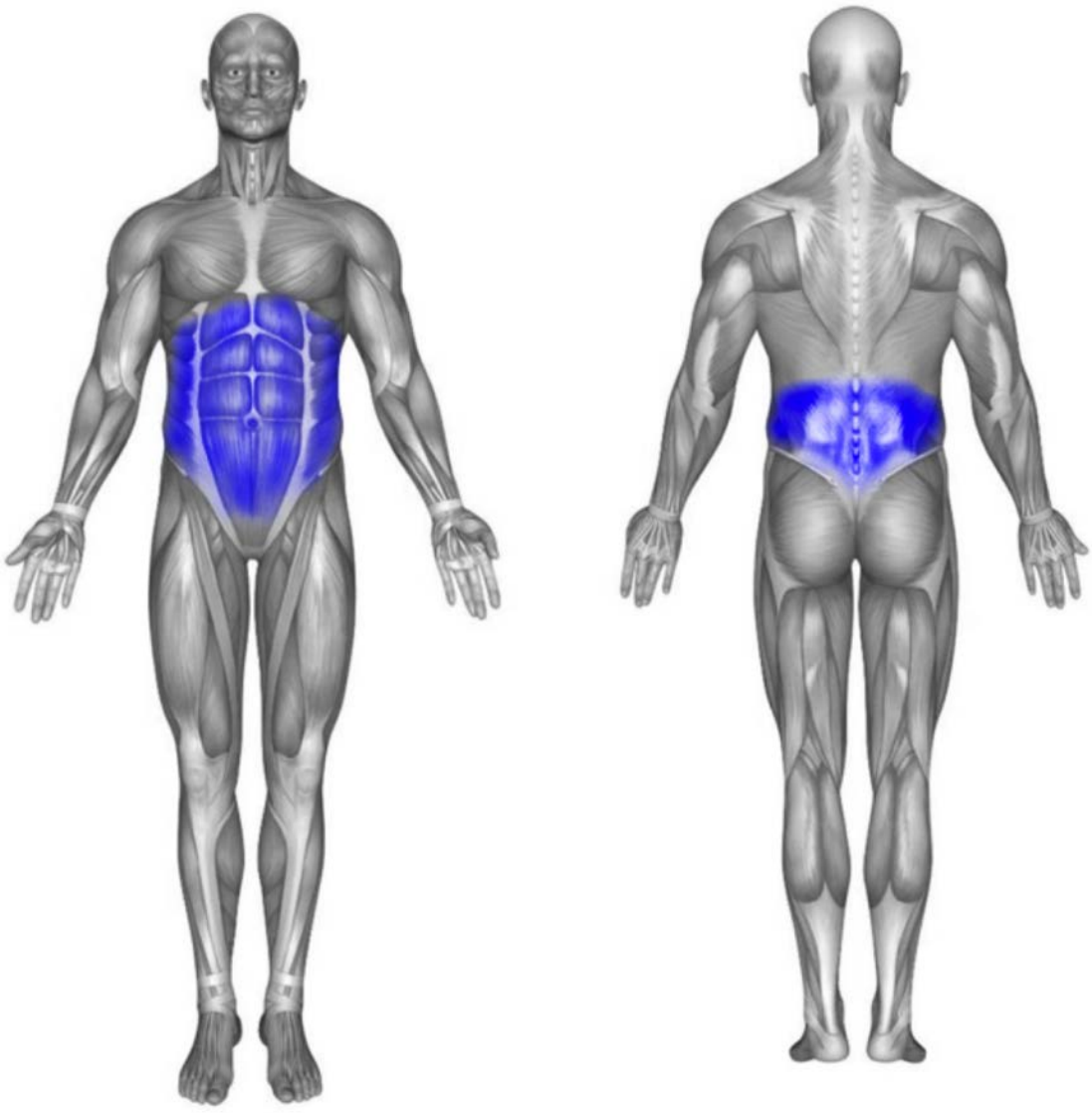


Lay your triceps over a foam roller, palms up

Flex and extend your arm over the foam roller.

Readjust as needed.

Psoas, Low Back, Oblique



Oblique Side Foam Roll




Keep your are straight and roll toward your belly button.

Twist your torso over while rolling.

Low Back Foam Roll




Place the roller at the base of the spine.

Turn your hips and let your legs fall from side to side.

Scorpions




Lift one leg off the floor.

Cross that leg over and behind to the opposite side.

Touch your foot to the floor and swtich sides.

Lunge with Reach




Take a big step froward into a lunge position.

Reach your arms and torso up and back.

Spine Twist with Band



Loop your leg through a band; have it sit high on your hip.

Pull that leg as far as you can up and over the opposite leg.

Keep your shoulders flat on the floor.

Lunge with Twist





Take a big step forwad into a lunge position

Twist your torso to both sides.

Legs Spread Over Head





With your legs in a "V" shape roll from a seated position to the top of your back. Touch your feet to the floor. Roll back to a sitting position.

Windmill Toe Touch






Push your butt back, bend down, and simultanously rotate your body to each side. Touch your right hand to your left foot & left hand to right foot.

Glutes, Hips



Glute Release




Put one foot on your opposite knee.

Lean to the same side as the foot that is up.

Slowly roll up and down.

Donkey Kicks




Keep your knee at 90°.

Kick one foot to the ceiling.

Squeeze your glute.

Maintain neutral spine throughout entire movement.

Fire Hydrants




Keep your knee at 90°.

Raise your knee out to the side.

Pause for 2 seconds.

Hip Circles: Forward and Backwards





Keep your knee at 90°.
Circle and bring your knee up towards the cieling.
Then circle it towards your elbow and back around.
Reverse and go backwards.

Hurdle Step Overs





Keep your hands behind your head.

Keep your torso and hips straigh and upright.





Raise one leg up and over the hurdle.

Repeat on the other side.

Hurdle Lateral Step Over






Keep your hands behind your head and your torso and hips straight.
Raise the leg next to the hurdle up and over.
Repeat on the other side.

Hurdle Reverse Step Over






Keep your hands behind your head and your torso and hips straight.
Raise one leg up and back over the hurdle. Repeat on the other side.

Hurdle Lateral Over Unders



Keep your hands behind your head and your torso and hips straight.
Raise the leg next to the lower hurdle up and over. Repeat with the other leg.
Transition by squating down and stepping through the high hurdle.

Hurdle Lateral Step Under



Keep your hands behind your head and your torso and hips straight.
Squat down and step through the hurdle.

Knee Hug



Grab your knee with both hands; right below the knee.

Raise and pull your knee as high as possible.

Side Lying Hip Release



Place the roller under the outside of your glute.

Roll up and down on the area.

Worlds Greatest with Band Bias





Loop your leg through a band; close to your hip.

Take a big step into a lunge. Sink your elbow to your ankle.

Keep your back knee off the ground.

Open up and reach to the ceiling with the same arm.

Gentle Hip Distraction





Loop a band around your foot.

Create tension by sliding backwards.

Lay down and allow the band to pull your hip down.

Pigeon Stretch with Band Bias




Loop your front leg through a band; close to your hip.

Bend and put one knee down in front of you. Keep your other leg straight behind you.

Keep yor front hip close to the ground. Bend forward onto the front hip.

Band Hip Extension





Loop your back leg through a band; close to your hip.

On one knee lean forward.

Stretch your hip towards the floor and squeeze your butt.

Figure 4 with Band





Loop band around foot.

Cross that foot over the oppisite knee.

Rock back, lift your foot off the ground, and pull the back towards you.

90/90 Seated Hip Flexor





Keep both knees at 90°.

Start with both knees on the ground.

Rotate your knees infront of your body to the other side.

Pigeon Stretch



Bend and put one knee down in front of you.

Keep your other leg straight behind you.

Keep yor front hip close to the ground.

Bend forward onto the front hip.

Kneeling Hip Stretch





On one knee lean forward.

Stretch your hip towards the floor and squeeze

Squat to Extend with Arm Raise






Grab your toes, sink into a deep squat. Lift your arms above your head while keeping your chest up. Stand up with your arms over your head.

Squat to Extend






Grab your toes, sink into a deep squat, and then extend back up while holding onto your toes.

Spiderman Lunge




Start in a push up position.

Step one foot up towards your hands

Sink your elbow done to your foot.

Step back and repeat on the other side.

Overhead PVC Squat




Grap the PVC outside shoulder width.

Hinge your hips back and squat down.

Keep your chest up.

Worlds Greatest




Take a big step into a lunge.

Sink your elbow to your ankle.

Keep your back knee off the ground.

Open up and reach to the ceiling with the same arm.

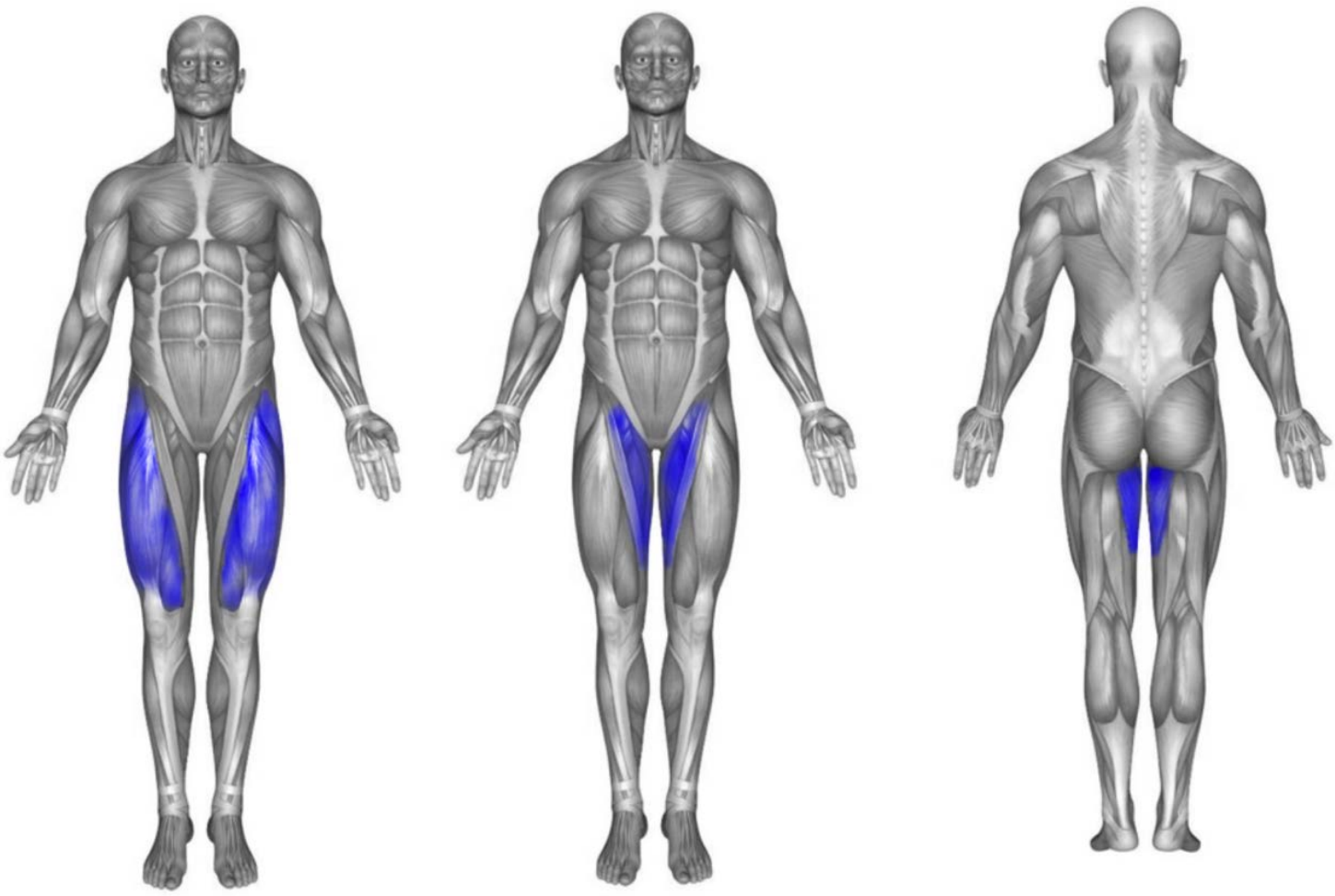
Bretzel




Cross one leg across your body and pull the knee up with the opposite arm.

Grab the bottom leg by the foot with the opposite arm and pull the heel to your butt.

Hip Flexor, Quadriceps, Abductors & Adductors



Roller/Lax Ball Quad Release




Lay on the ground with a foam roller under your quad.

Roll up and down your quad.

Lift your opposite leg off the ground to add more pressure.

Adductor Release




Put a foam roller under the inner part of your thigh.

Roll up and down on the foam roller.

Butterfly Stretch




Have your knees bent out at your side.

Bring the soles of your feet together.

Grab your ankles, lean forward, and drop your chest.

Wall/Couch Stretch with Band




Loop your leg through a band; close to your hip

Slide your knee close to where the floor meets the wall.

Keep your shin close to the wall and point your toe up.

Adductor Stretch with Band



Wrap a band around your foot.

Move your leg as far out to the side.

Keep your leg out and up by having constant tension in the band.

Quad Stretch with Band



Wrap a band around your foot.

Reach behind you and grab the band.

Pull the band so your heel is touching your butt.

Keep your hips down while pulling.

Olympic Wall Squat with Band



Sit down and wrap a band around your back.

Hook the band around both knees.

Lay prone and position your butt as close to a wall as possible.

Abductor Stretch with Band



Wrap a band around your foot.

Cross your leg over your body as high as you can.

Keep your leg out and up by having constant tension in the band.

Keep your shoulders flat.

Kneeling Hip Stretch




On one knee lean forward.

Stretch your hip toward the floor.

Wall/Couch Stretch




Slide your knee as close to the bench as possible.

Keep your shin close to the bench.

Lean back for a greater stretch.

Lateral Lunge




Keep your hands in front of you.

Take a big step and lunge out to the side.

Keep your chest up and hold the down posiiton.

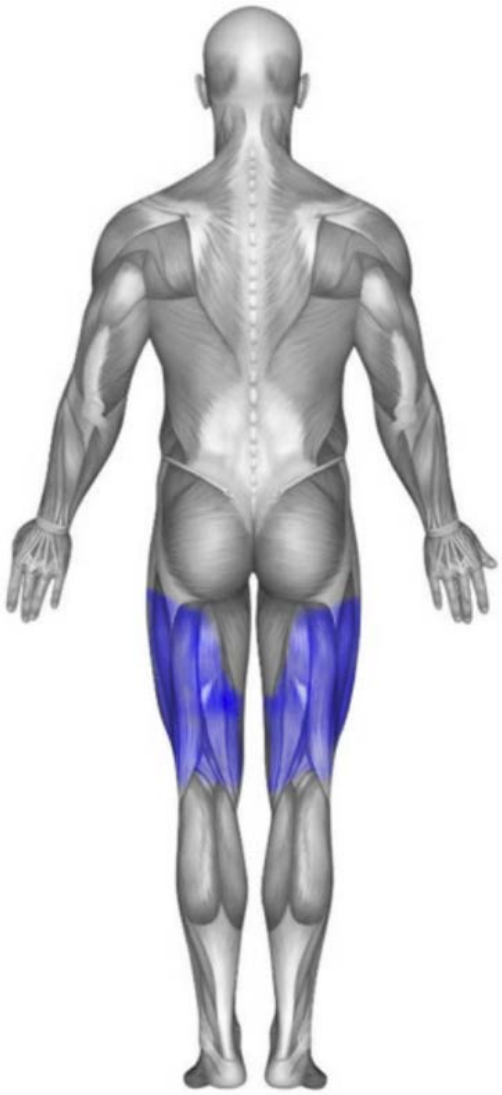
Frog Stretch




Slide your kness outward.

Sink your hips down and back.

Hamstring



Roller/Lax Ball Hamstrings



Place a foam roller udnerneath your hamstring.

Roll it up and down.

Hamstring Stretch with Band



Wrap a band around your foot.

Lay back and pull the band as far as you can.

Keep your leg straight.

Posterior Chain Stretch





Loop your leg through a band; close to your hip.

Take a step out with that leg, fold over, and straighten and extend your leg.

Hamstring Stretch with Distraction





Loop your leg through a band.

Grab behind your knee and pull your leg up as high as possible.

Kneeling Hamstring Stretch




Place one leg straight out in front of you with your heel on the ground.

Fold over and try to bring your chest to your toes.

Leg Swings




Grab onto a pole.

Swing the inside leg back and forth.

Increase the range of motion every rep.

Lateral Leg Swings

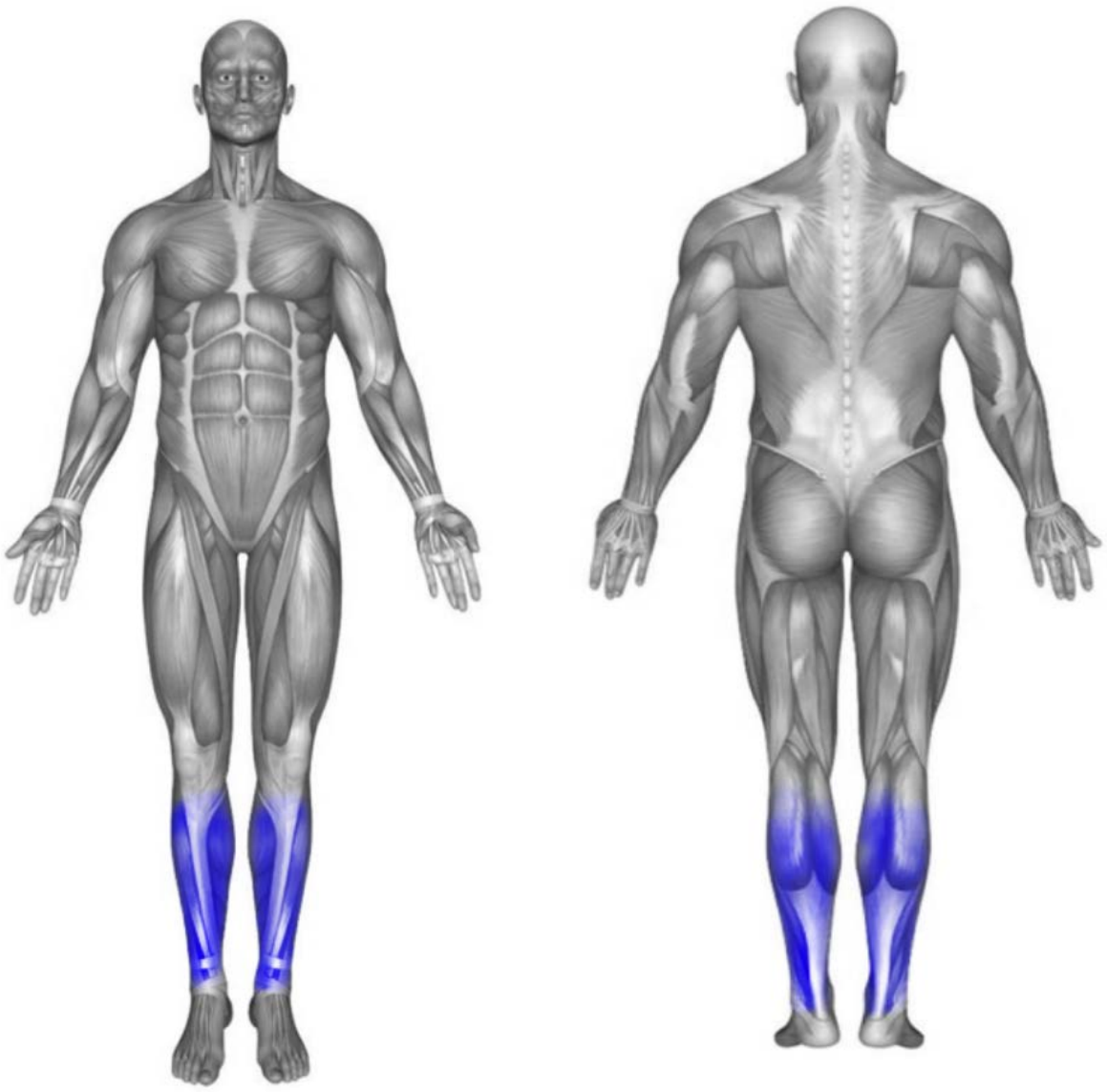



Grab onto a pole.

Swing one leg side to side.

Increase the range of motion every rep.

Shin, Calf



Lateral/Anterior Shin Release




Place a lacrosse ball under your shin.

Roll around in circles over any tight spots.

Leg-on-Leg Calf Roll




Place instep over the foam roller.

Cross the opposite leg over your calf.

Sit your butt back and begin to rock back and forth.

Calf Roll




Place a foam roller under your calf.

Cross the other leg on top and begin to roll up and down.

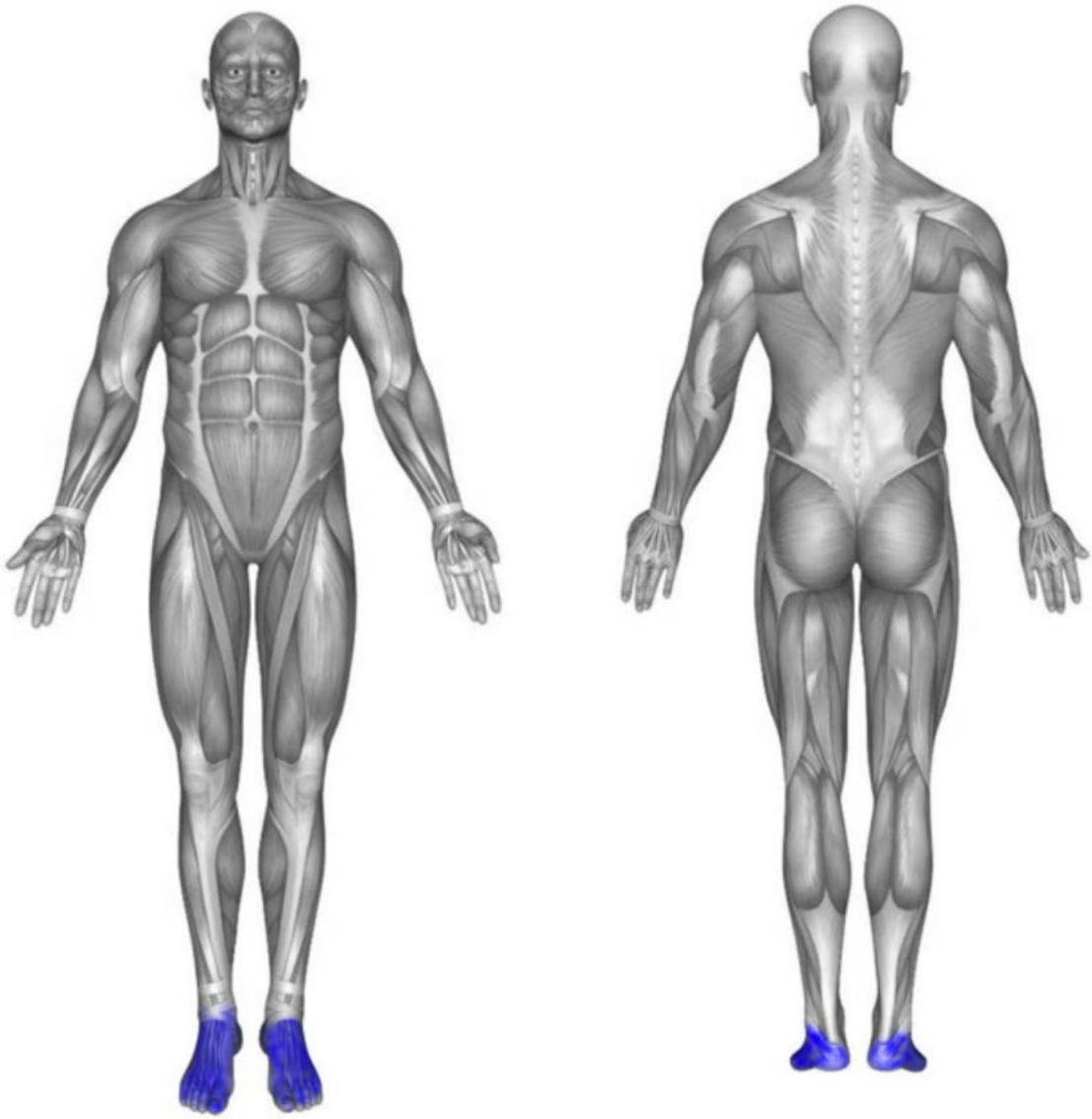
Band Ankle Rolls





Wrap a band around your foot.
Go through all ranges of motion while giving resistance with the band.

Ankle and Plantar Surface



Foot Lacrosse Ball Release



Place a lacrosse ball underneath your foot.

Roll up and down.

Focus on tight spots.

Anterior Ankle Distraction





Loop your ankle through a band.

Step that leg forward and rock forwards and backwards.

You want your knee over your toe.

Elevated Anterior Ankle Distraction





Loop your ankle through a band.

Place your front foot's on an elevated surface.
Step that leg forward and rock forwards and backwards.

You want your knee over your toe.

Posterior Ankle Distraction



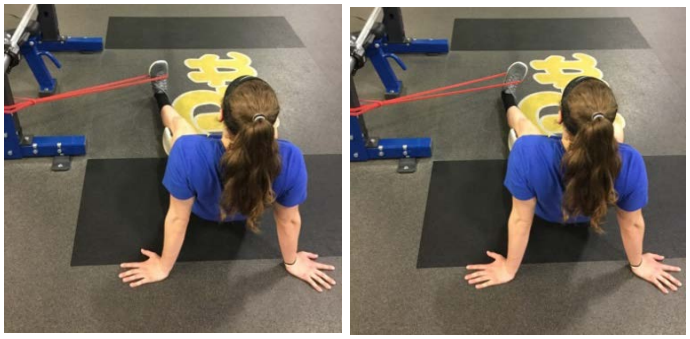


Loop your ankle through a band.

Step that leg backwards and rock forwards and backwards.

You want your knee over your toe.

Banded Ankle Inversion



Wrap a band around your foot.

Sit with your opposite foot underneath your knee.

Rotate your foot inwards and back to straight.

Banded Ankle Eversion



Wrap a band around your foot.

Sit with your opposite foot underneath your knee.

Rotate your foot outwards and back to straight.

Band Ankle Dorsiflexion



Wrap a band around your foot.

Sit with your opposite foot underneath your knee.

Flex your foot intowards you and then out.

Heel Rocks



Hold down the foot that is in front of you.
Rock back and forth while keeping your foot on the ground.