

- a) **Cardio** – 5 mins at 3 or 4 out of 10 intensity. Starting slow & gradually increasing intensity.
- Can be brisk walking, jogging or skipping, anything that gets your heartrate up!
  - [Follow the lines of the court & incorporate changes in direction](#)
- b) **Dynamic Mobility**
- [Walking lunges with twists](#)
  - [Side shuffle with arm swings](#)
  - [Walking hamstring sweeps](#)
- c) **Activation**
- Mini hops [two leg](#) / [one leg](#)
  - Banded shoulder movements - [external rotation](#)
  - Banded shoulder movements - [“disco”](#)
  - Individual injury-specific exercises\*
- d) **Sport specific**
- Rally for 5mins before starting game play

\*If relevant. These are Injury-specific exercises based on your customized program provided by a physiotherapist or other qualified healthcare professional.

## Questions?

Aly Walford, Physiotherapist, [walford@banffsportmed.ca](mailto:walford@banffsportmed.ca)