

Weekly Warm-Up Routine for Middle & High School Athletes

As an expert on youth sports injuries, I've put together a simple warm-up that helps protect our kids. Research shows it's important to warm-up dynamically to increase blood flow to muscles, improve balance and coordination, and prepare the body for activity. Share this with your young athlete to help them train smart and stay safe!

Dr. Ryan



Dynamic Arm Swings
30 sec



High Knees
20 sec



Walking Lunges
10 each leg



Plank Hold
20 sec



Side Shuffles
2 x 20 ft



Light Jump Squats
10 reps



Single-Leg Balance with Reach
20 sec each side



Torso Rotations
10 each side

This routine is adapted from injury-prevention protocols like FIFA 11+ and current sports medicine guidelines. For best results, perform before every practice and game.