



Dynamic Warm-Up & Joint Mobility



Dynamic Warm-Up

The purpose of the dynamic warm-up is to raise the body temperature, lubricate the joints and prepare the CNS for activity via large compound/athletic movements. This should be done BEFORE specific/isolative joint mobility work. Think of the progression as moving from large to smaller motions.

Many of these movements are designed to challenge your athleticism/functional movement ability. Thus, don't be frustrated if there is a learning curve involved.

Click on the image below to view this module on our IKFF You Tube Channel:

Dynamic Warm-Up Clip



Joint Mobility

Overall, the best athletes in the world are the best “movers”. That is, they are masters at moving their body, and more specifically their joints, through a full range of motion in a smooth and efficient manner.

When thinking of the benefits of joint mobility work, think of the 3P’s:

- *Performance* Enhancement
- *Prepares* the body and mind for activity
- *Prevents* Injury

Click on the images below to view this module on the IKFF You Tube Channel

Joint Mobility Clip 1



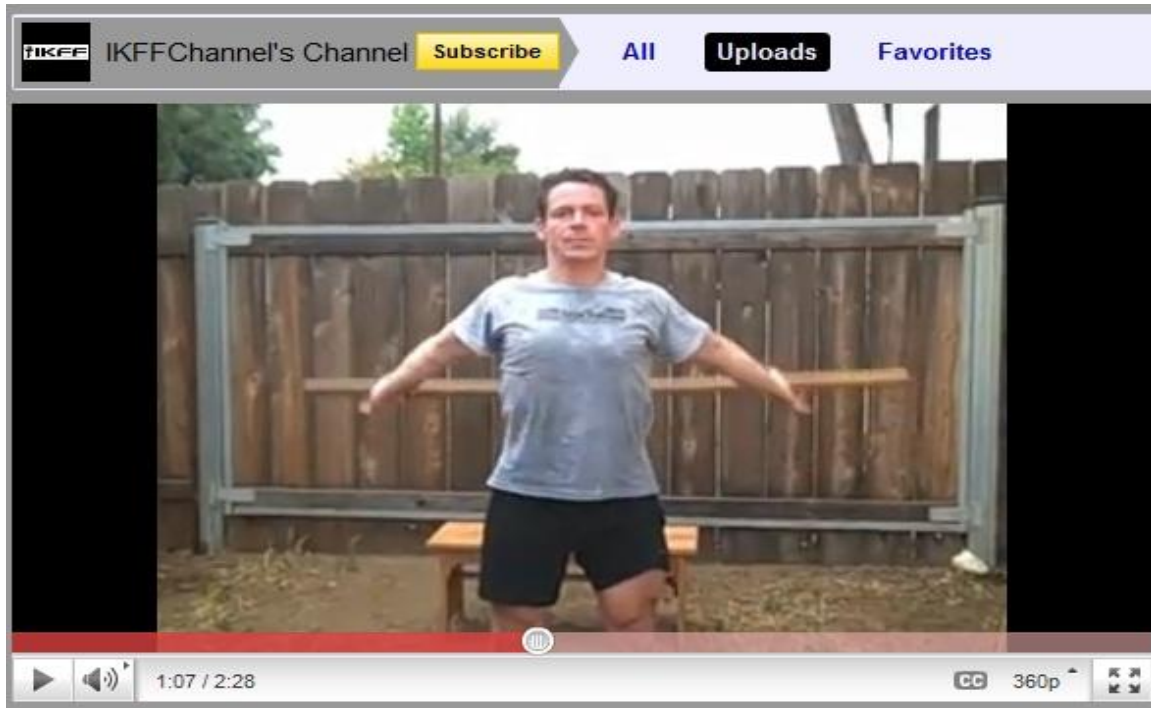
Joint Mobility Clip 2



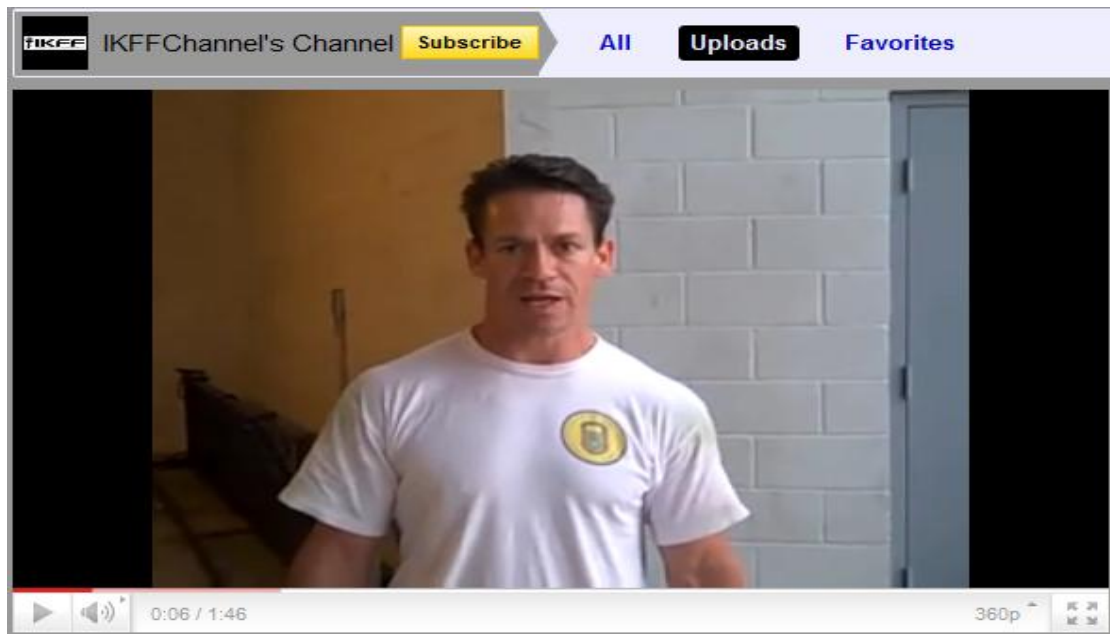
Overhead Squat Mobility Clip 1:



Overhead Squat Mobility Clip 2



Tea-Cup Mobility Clip 1



Tea-Cup Mobility Series 2



Tea Cup Mobility Series 3

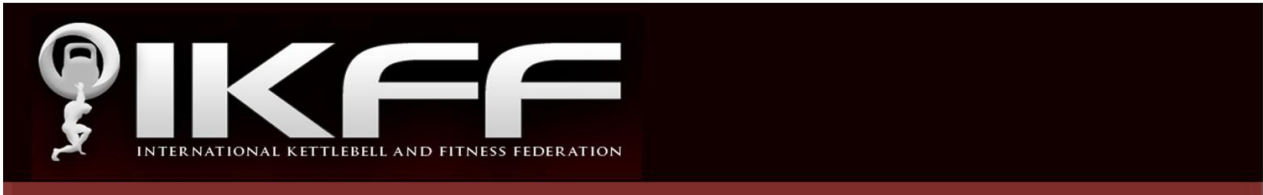


Tea Cup Mobility Series 4



Tea Cup Mobility Series 5





Thanks for your support!

Questions – contact Ken Blackburn at kenblackburn@ikff.net