

Best Warmups

to Boost Pickleball Performance



Warming up is important to help prevent injury and gradually increase your heart rate, breathing and body temperature before starting any exercise. Warm up with five minutes of aerobic activity, like walking or jogging, and any of the following stretches. The number of times you repeat these exercises depends on your fitness level.

1. Neck Four-Way Mobility

- **Flexion:** Gradually lower chin toward chest. Once head has flexed forward as far as it can go comfortably, hold stretch for 5 seconds before returning to neutral position.
- **Extension:** Gently extend neck by looking upward and bringing head backward, while keeping shoulders and back stationary. Once head has gone back as far as it can go without increasing pain, hold stretch for 5 seconds.
- **Right and Left Lateral Flexion:** Slowly bend head to one side and hold for 5 seconds before returning head to neutral position. Repeat in opposite direction.
- Repeat 3x holding for 5 seconds in each position.

2. Lateral Arm Circles

Raise both arms at sides to shoulder level. Start by making small circles forward and then backward, slowly making circles bigger with each circle.

- Repeat 2x holding for 15 seconds forward and 15 seconds backward.

3. Dynamic Arm Cross-Over

Raise both arms at sides at shoulder level with palms facing down. Keeping arms relatively straight, cross your arms at the chest level, aiming for the opposite shoulder. Return to the start position to complete one repetition. Alternate arms and repeat.

- Repeat 2x holding for 30 seconds.

4. Standing Toe Touch

Stand with feet shoulder-width apart, turn toes out and bend knees slightly. Bend over and lower one hand to touch toes of opposite foot. Continue alternating feet.

- Repeat 2x holding for 30 seconds.

5. Lunge + Thoracic (Chest) Rotation

Go into a lunge position by leaning forward over front bent knee. At the same time, elevate arms to a 90-90 position. Rotate your upper body to the same side as your lead leg. Turn back and come out of lunge. Repeat by lunging on opposite side and rotating to that side as well.

- Do this 1x holding for 30 seconds on each side.

6. Lateral Lunge with Overhead Reach

Stand upright with both feet shoulder width apart and extend arms overhead. Bend left knee to lunge left, both feet facing forward. Lean to left, forming a straight line from your right foot to your right hand. Return to start, repeat and switch sides.

- Repeat 2x holding for 15 seconds on each side.

7. Hamstring Scoops

Stand with feet hip-width apart and step right foot slightly forward. Flex right foot so heel is on ground and toes are off. Keeping spine relatively straight, reach down toward right heel in a “scooping” motion. Stand back up and step forward with the left foot and repeat on other side.

- Repeat 2x holding for 30 seconds each side.

8. Hip Opener (Gate Stretch)

Stand with feet hip-width apart, and transfer weight to right side. Lift left knee up to hip height and away from body. Bring knee back in towards body, like you’re opening and closing a gate.

- Repeat 2x holding for 15 seconds each side.

9. Bodyweight Squats

Stand with feet shoulder-width, with toes slightly turned outward. Tighten up core while squatting down. Continue to lower until thighs are almost parallel to the floor. Feet should remain flat and knees over toes.

- Repeat 2x holding for 30 seconds each time.

10. Single-Leg Calf Raise

Position toes and balls of feet on a step or other platform with heels and arches extending off. Hold on to railing or chair for balance support. Lift one leg to rear by bending knee. Raise heel by extending ankle as high as possible. Lower heel by bending ankle until calf is stretched. Continue with opposite leg.

- Repeat 2x holding for 15 seconds each side.

11. Side Shuffle

Stand with feet a little wider than hip-width apart, bend hips and knees back and point toes forward. Take a few quick steps to left and touch left foot with left hand. Repeat on right side.

- Repeat 2x holding for 15 seconds each direction.



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