Dynamic Integrated Movement Enhancement (D.I.M.E.) Warm-Up Program

USMA DYNAMIC WARM-UP

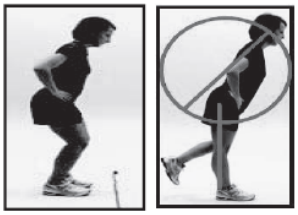
Key Points to Emphasize for EVERY Exercise!



Keep toes pointing straight ahead



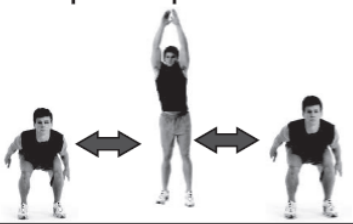
Keep knees directly over the toes



Land "softly" by bending knees &hips

CBT 1

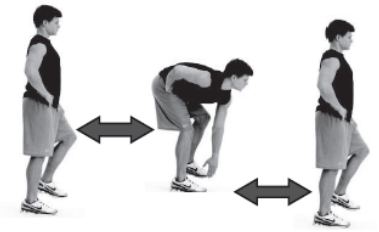
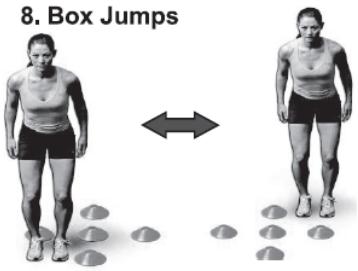
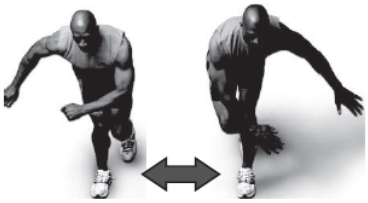
**Start by jogging in place at moderate pace. Jog between exercises at varying speeds.

Exercise	Description	Coaching Cues
1. Double Leg Squat 	Start with feet shoulder width apart. Squat down slowly as if you were sitting in a chair. Return to standing position. Reps: 2 sets of 10	▪"Sit back" ▪"Toes straight ahead" ▪"Knees over ankles"
2. Forward Lunge 	Start with feet together. Take a large step forward and slowly lower trailing knee toward ground. Push with front leg and return to standing position. Repeat on opposite leg. Reps: 2 sets of 10 each leg	▪"Keep torso upright" ▪"Knees over ankles" ▪"Bend knees to 90°/90°"
3. Sideways Hop to Balance 	Stand on one foot with hands on hips. Hop sideways and land on opposite foot with knees, hips, and trunk flexed. Balance and hold for 2 seconds. Repeat on opposite leg. Reps: 10 each leg	▪"Hop and land softly with bent knees, hips, and trunk" ▪"Knee over ankle" ▪"Toes straight ahead"
4. Squat Jump 	Start with feet shoulder width apart. Squat down slowly as if sitting in a chair. Jump up for maximum height and land softly in a squatted position with knees, hips and trunk flexed. Reps: 2 sets of 10	▪"Jump for maximum height" ▪"Land ***softly*** toe to heel" ▪"Knees over ankles" ▪"Toes straight ahead"

QUALITY NOT QUANTITY

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USMA DYNAMIC WARM-UP CBT I

Exercise	Description	Coaching Cues
5. Plank 	Start on stomach. Lift body onto elbows and toes. Feet together, abs contracted and maintain a neutral spine. Hold this position for 30 seconds. Reps: 2 sets	▪"Elbows directly under shoulders" ▪"Keep back flat, don't sag" ▪"Keep abs tight (contracted)"
6. One-Leg Reach 	Stand on right leg with knee slightly bent. Put right hand on hip. Bend at the waist (keep back flat) and touch right foot with left hand. Return to standing. Repeat on opposite foot. Reps: 10 each leg	▪"Knee slightly bent" ▪"Bend only at waist" ▪"Maintain good balance while reaching to touch foot"
7. Push-Up 	Place hands directly beneath shoulders and feet together. Maintain a neutral spine and contract the abs. Lower to ground, keeping elbows in. Push up to starting position. Reps: 2 sets of 10	▪"Hands shoulder-width" ▪"Back straight" ▪"Keep abs tight"
8. Box Jumps 	Start with feet shoulder width apart. Imagine a grid with four boxes. Hop quickly from box to box in forward, backward, side-to-side, and diagonal directions. Hop and land with both feet at the same time. Reps: 2 sets of 10	▪"Land ***softly*** toe to heel" ▪"Land with both feet at same time" ▪"Knees over ankles"
9. Ice Skater 	Stand on one foot. Hop a good distance sideways and land softly on the opposite foot. Hop back to the other foot. Control the landing so that balance is maintained. Reps: 2 sets of 10	▪"Hop and land ***softly*** with bent knees, hips and trunk"" ▪"Knee over ankle" ▪"Toes straight ahead"

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