

# WARM UP

the RITE way

## Getting Ready for Basketball

Proper warm-up before you hit the court can help you prevent injuries. These exercises were carefully chosen to prepare you for basketball practice and games.

### Instructions:

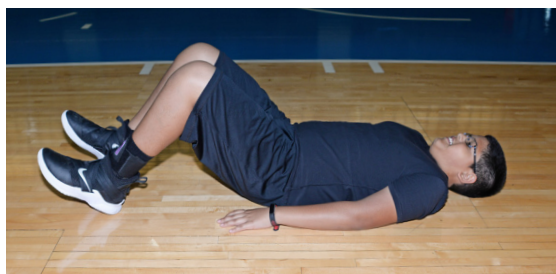
- Perform them before you play, every time.
- When you can perform these exercises well, you can add a resistance band just above your knees.

### CLAMSHELLS



*Lie on your side and raise your top knee 15 times. Repeat on the other side. Keep your heels together and do not roll your hips back.*

### DOUBLE LEG BRIDGES



*Lie on your back and lift your hips up 15 times. Keep your knees in line with your hips and your toes up.*

Scan this code to see, save and share videos of these exercises.



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## SINGLE LEG BRIDGES



*Lie on your back and bend one knee. Lift your straight leg up. Lift your hips 15 times. Repeat on the other side.*

*Keep your knees in line with your hips and your toes up.*

## SQUATS



*Stand with feet shoulder width apart and toes forward.*

*Stick hips back then lower into squat and stand up.*

*Repeat 15 times.*

## LEG SWINGS



*Stand on one leg, swing the other leg forward and backward quickly 15 times. Then repeat to the side and back to the middle.*

*Repeat on the other side.*

*Be sure to swing your arms.*



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