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.
**SQUATS**

Stand with feet shoulder width apart and toes forward.

Stick hips back then lower into squat and stand up.

Repeat 15 times.

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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.

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**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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Working together for youth sports health and injury prevention.

Learn more on [mavs.com/health](http://mavs.com/health).