POCKET PRINTABLE · CUT ALONG THE DASHED LINES

# Weekend Warrior Warm-Up Cards

Five minutes before you play or work. Print on card stock, cut out your card, and keep it in your bag, cart or garage.

JosephFair Chiropractic

5-MIN WARM-UP

## Pickleball

| | | |
|---|---|---|
| 1 | Brisk march + arm swings | 0:45 |
| 2 | Arm circles, 10 forward / 10 back | 0:30 |
| 3 | Side shuffles, kitchen line to baseline ×3 | 0:45 |
| 4 | Walking lunge + trunk turn, 6 each side | 1:00 |
| 5 | Leg swings, front + side, 10 each leg (hold the net post) | 1:00 |
| 6 | Shadow swings: 10 forehand, 10 backhand, 5 easy overheads | 1:00 |

**Then:** Start your first game at 70% effort.

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. Stop and call us at (209) 521-1122 if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness. Educational, not medical advice. Joseph Fair Chiropractic.

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5-MIN WARM-UP

## Golf

| | | |
|---|---|---|
| 1 | Brisk walk to the range or around the cart | 0:45 |
| 2 | Club overhead, side bends, 5 each side | 0:30 |
| 3 | Hip hinge, club along your back, 10 reps | 0:45 |
| 4 | Trunk turns, club across shoulders, 10 each way | 0:45 |
| 5 | Leg swings, front + side, 10 each leg | 1:00 |
| 6 | Swings: 10 half, 5 three-quarter, 5 full (wedge) | 1:15 |

**Then:** Hit your first 10 balls with a short iron.

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## Running

| | | |
|---|---|---|
| 1 | Brisk walk | 1:00 |
| 2 | Leg swings, front + side, 10 each leg | 1:00 |
| 3 | Walking lunges, 6 each leg | 0:45 |
| 4 | Calf raises, 15 slow reps | 0:30 |
| 5 | Easy high knees + butt kicks, 2 × 20 sec | 0:45 |
| 6 | Easy jog, building to your pace | 1:00 |

**Then:** Keep the first mile conversational.

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## Yard Work

| | | |
|---|---|---|
| 1 | March in place + arm swings | 0:45 |
| 2 | Hip hinge practice, 10 reps | 0:45 |
| 3 | Squat to a bench or step, 8 reps | 0:45 |
| 4 | Standing trunk turns, 10 each way | 0:30 |
| 5 | Doorway or wall chest stretch, 2 × 20 sec | 0:45 |
| 6 | Wrist + forearm circles, 10 each way | 0:30 |

**Then:** Carry loads close, switch sides every 10 minutes, break every 20.

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

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