# **SAR Readiness Warm-up**



- hold for 10 seconds

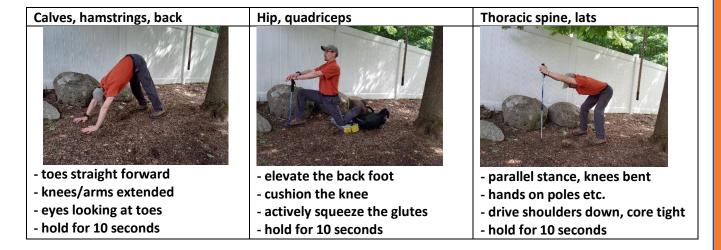
## 1. Always recommended pre-mission readiness exercises

# Foot, ankle and calf prep Hip extension prep Thoracic spine rotation prep - feet straight forward - push back heel down - drive hips towards the ground Hip extension prep Thoracic spine rotation prep - split stance, medium length - reach overhead w/top hand - reach tall through fingertips - reach back heel w/ bottom hand

- hold for 10 seconds

## 2. If needed as targeted stretches for specific areas

- hold for 10 seconds



### 3. Make it into a workout if not used as a prep for a search/drill

