







SAR Readiness Warm-up




1. Always recommended pre-mission readiness exercises

Foot, ankle and calf prep	Hip extension prep	Thoracic spine rotation prep
		
<ul style="list-style-type: none"> - feet straight forward - push back heel down - drive hips towards the ground - hold for 10 seconds 	<ul style="list-style-type: none"> - elevate the front foot - drive hips forward - reach tall through fingertips - hold for 10 seconds 	<ul style="list-style-type: none"> - split stance, medium length - reach overhead w/top hand - reach back heel w/ bottom hand - hold for 10 seconds

2. If needed as targeted stretches for specific areas

Calves, hamstrings, back	Hip, quadriceps	Thoracic spine, lats
		
<ul style="list-style-type: none"> - toes straight forward - knees/arms extended - eyes looking at toes - hold for 10 seconds 	<ul style="list-style-type: none"> - elevate the back foot - cushion the knee - actively squeeze the glutes - hold for 10 seconds 	<ul style="list-style-type: none"> - parallel stance, knees bent - hands on poles etc. - drive shoulders down, core tight - hold for 10 seconds

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

Split squat: Lower body strength	X-Climber: Shoulders, core	Balance extension: glutes, lats
		
<ul style="list-style-type: none"> - split stance, toes forward - lower until back knee down - upper body upright - repeat 8-12 times/side X 1-3 sets 	<ul style="list-style-type: none"> - start in push-up position - reach knee to opposite arm - alternate the R and L side - repeat 10-20 times x 1-3 sets 	<ul style="list-style-type: none"> - start in single leg upright stance - bend from hips until parallel - arms up and back leg up - repeat 5-10 times/side X 1-3 sets