INCREASE SPORT SPECIFIC FLEXIBILITY BY 40% IN TWO WEEKS!

WHAT'S INSIDE?
- COMPLETE LIST OF DYNAMIC WARM UP EXERCISES
- HI-DEF IMAGES
- TIPS & TRICKS TO MASTERY
INCREASE SPORT SPECIFIC FLEXIBILITY BY 40% IN 2 WEEKS! IF NOT, KEEP THE VIDEO FOR FREE.

THE DYNAMIC WARM UP IS PLYOMETRIC, EXPLOSIVE, AND AGILITY MOVEMENTS IN COMBINATION WITH DYNAMIC STRETCHING. DYNAMIC STRETCHING IS A TYPE OF STRETCHING WHERE MOVEMENT AND MUSCULAR EFFORT ARE USED TO STRETCH THE MUSCLES AND TENDONS. DYNAMIC STRETCHES ARE OFTEN USED IN WARMUP ROUTINES TO GET THE MUSCLES MOVING AND INCREASE YOUR HEART RATE WHILE INCREASING RANGE OF MOTION IN THE MUSCLES AND TENDONS TO BE USED IN THE UPCOMING ACTIVITY. THE DYNAMIC WARM UP SHOULD PREPARE THE BODY FOR THE ACTIVITY YOU ARE ABOUT TO PARTICIPATE. PERFORMING THE DYNAMIC WARM UP ALONE OR IN CONJUNCTION WITH OTHER TRAINING PROGRAMS CAN IMPROVE YOUR LEVEL OF FITNESS AND LIFE!

TEE MAJOR FITNESS, LLC STRONGLY RECOMMENDS THAT YOU CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM. YOU SHOULD BE IN GOOD PHYSICAL CONDITION AND BE ABLE TO PARTICIPATE IN THE EXERCISE.

YOU SHOULD UNDERSTAND THAT WHEN PARTICIPATING IN ANY EXERCISE OR EXERCISE PROGRAM, THERE IS THE POSSIBILITY OF PHYSICAL INJURY. ESPECIALLY WHEN YOU "TRAIN INSANE" LIKE TEE MAJOR.

IF YOU ENGAGE IN THIS EXERCISE OR EXERCISE PROGRAM, YOU AGREE THAT YOU DO SO AT YOUR OWN RISK, ARE VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES, ASSUME ALL RISK OF INJURY TO YOURSELF, AND AGREE TO RELEASE AND DISCHARGE TEE MAJOR FITNESS FROM ANY AND ALL CLAIMS OR CAUSES OF ACTION, KNOWN OR UNKNOWN.

Words from your training partner...

I perform this Dynamic Warm Up daily and designed it to warm up the entire body for any obstacle or challenge it may encounter. I hope it adds as much value to your training program as it has to mine.

- Tee Major
HIGH KNEE RUN

STAND IN PLACE WITH YOUR FEET HIP-WIDTH APART. DRIVE YOUR RIGHT KNEE TOWARD YOUR CHEST AND QUICKLY PLACE IT BACK ON THE GROUND. FOLLOW IMMEDIATELY BY DRIVING YOUR LEFT KNEE TOWARD YOUR CHEST. DRIVE THROUGH THE BALLS OF YOUR FEET AND KEEP YOUR HANDS RELAXED, ELBOWS BENT, AND SHOULDERS DOWN, AND SWING YOUR ARMS BACK AND FORTH. BEGIN WITH SLOWER, CONTROLLED MOVEMENTS TO PREVENT PULLING A MUSCLE AND THEN WHEN YOU FEEL COMFORTABLE ALTERNATE KNEES AS QUICKLY AS YOU CAN.

Kaizen Tips:

High Knee Run - warms hamstrings & hips

Butt Kicks - warms hamstrings & calves

Quick Skips - warms hamstrings & hips

PREPARED EXCLUSIVELY FOR TODD K (TODD@ASHOTOFADRENALINE.NET) TRANSACTION: #0002017067
High Skips - warms hamstrings, hips
This exercise is a variation of high knees, but again, requires much more explosiveness. Stand with your feet hip width apart and bend your elbows to 90 degrees with your arms at your sides. Drive your right knee and left arm up while exploding upward off your left leg. Land on your left leg and then immediately drive your left knee and right arm up while pushing off of your right foot. With each skip, propel yourself upward as high as possible while driving the lifted knee toward your chest.

Shuffles - warms groin, quads, hips, glutes
Stand so that your right side is facing the direction you wish to go with your feet hip-width apart, your knees slightly bent with your torso upright, and your arms bent. Push off with your left leg and place your right foot a little wider than your initial stance, landing on the ball of your foot. Now draw your left leg in towards your right. Repeat the movement, pushing with the left leg, landing first with the right foot then the left. Repeat the drill, leading with your opposite leg.

Carioca - warms hips, hamstrings, quads
It may take a few minutes to get the hang of this drill, but it is very effective in improving coordination and agility. The carioca is performed laterally or in a side direction. When moving to the left, the right foot leads by crossing in front of the left foot. The left foot then crosses behind the right foot so that both feet are once again side by side. Next, the right foot crosses behind the left foot. The left foot now crosses in front of the right foot and the drill is repeated. Notice how I drive the knee up and over. This is what differentiates this movement from the tapioca.
**TAPIOCA**

The Taipoca exercise is performed by sidestepping in one direction. When moving to the left, the right foot leads by crossing in front of the left foot. The left foot then crosses behind the right foot so that both feet are once again side by side. Next, the right foot crosses behind the left foot. The left foot now crosses in front of the right foot and the drill is repeated. Keep your chest facing the front of the room and use your hips to swivel and twist your core.

**MONSTER WALKS**

Monster Walks - loosens hamstrings

Stand in place with your feet hip-width apart. Keeping your knee straight, kick your left leg up—reaching with your right arm out to meet it—as you simultaneously take a step forward. As soon as your left foot touches the floor, take two steps and repeat the movement with your right leg and left arm. Alternate back and forth.

**KNEE HUGS**

Knee Hugs - loosens hamstrings & glutes

Stand in place with your feet hip width apart. Step forward with your right leg, bend your knee, and lean forward slightly at your hips. Lift your left knee toward your chest, grasping it with both hands just below your kneecap. Then pull it as close to the middle of your chest as you can, while you stand up tall. Release your leg, take two steps forward, and repeat by raising your right knee. Continue to alternate back and forth.
Leg Cradles - loosens Glutes, Hips, Hams

STAND IN PLACE WITH YOUR FEET HIP-WIDTH APART. STEP FORWARD WITH YOUR LEFT LEG AS YOU LIFT YOUR RIGHT KNEE AND GRASP IT WITH YOUR RIGHT HAND AND GRASP YOUR RIGHT ANKLE IN YOUR LEFT HAND. STAND UP AS TALL AS YOU CAN WHILE YOU GENTLY PULL YOUR RIGHT LEG TOWARD YOUR CHEST. RELEASE YOUR LEG, TAKE TWO STEPS FORWARD, AND REPEAT BY RAISING YOUR LEFT KNEE. CONTINUE TO ALTERNATE BACK AND FORTH.

Quad Stretch - loosens quads & hip flexors

STAND IN PLACE WITH YOUR FEET HIP-WIDTH APART. TAKE A STEP FORWARD WITH YOUR LEFT FOOT, GRAB YOUR RIGHT ANKLE WITH YOUR RIGHT HAND. EXTEND YOUR OPPOSITE HAND TO BALANCE AND LEAN FORWARD UNTIL YOUR TORSO IS PARALLEL TO THE FLOOR. YOUR SHOULDERS, HIPS, AND KNEE ON THE STRETCHING SIDE SHOULD ALL BE IN ALIGNMENT WITH EACH OTHER. DO NOT LET THE KNEE FLAIR OUT TO THE SIDE. KEEP IT IN CLOSE TO THE BODY WHILE LEANING FORWARD. TAKE TWO STEPS IN BETWEEN AND REPEAT ON THE OPPOSITE SIDE.

Side Lunge - loosens the groin

BEGIN BY PLACING YOUR FEET PARALLEL TO YOUR HIPS AND YOUR WEIGHT ON YOUR HEELS. EXTEND YOUR ARMS TO THE FRONT OR THE SIDE TO HELP YOU KEEP YOUR BALANCE. STEP WITH YOUR RIGHT FOOT TWO OR THREE FEET TO THE SIDE UNTIL YOU ARE IN A WIDE STANCE WITH BOTH FEET POINTING FORWARD. SHIFT YOUR WEIGHT TO YOUR RIGHT FOOT AND KEEP YOUR LEFT LEG STRAIGHT AS YOU BEND AND LOWER YOUR RIGHT KNEE. LOWER UNTIL YOUR RIGHT THIGH IS PARALLEL TO THE FLOOR. SHIFT YOUR WEIGHT TO THE OPPOSITE SIDE TO REPEAT. TAKE TWO STEPS IN BETWEEN AND REPEAT THE SEQUENCE.
**Spiderman - loosens hips & hamstrings**

Stand in place with your feet hip-width apart. Drop into a push up position with your hands under your shoulders. Drive your right foot up and place it flat on the ground outside your hand. Walk your hands forward until you are back in a push up position and drive your left foot forward, placing it flat outside of your left hand.

**Spiderman With Extension - hams, calves**

The Spiderman With Extension is exactly like the Spiderman Stretch with an additional dynamic. We add in a leg extension to deepen the hamstring and calf stretch. Start by dropping into a push up position with your hands under your shoulders. Drive your right foot up and place it flat on the ground outside your hand. Rock back onto the heel of your right foot and elevate your toes into the air. Walk your hands forward until you are back in a push up position and repeat on the opposite side.

**Inchworms - lower back, hams, calves**

Stand with your feet at hip width. Hinge forward at the waist and touch the floor with your palms. Bend your knees, if necessary. Walk your hands forward until you are supporting all your weight on your hands and toes. Your body should make a straight line and your hands should line up with your shoulders. Slowly (inch by inch) walk your feet forward to meet your hands. You should only be moving at the ankles, taking small steps with your legs as straight as possible. When you reach the furthest point your hamstrings will allow, walk your hands back out into the starting position and repeat the process. 4 Inchworms are sufficient and walk the rest of the distance.
WHY USE ELEVATION TRAINING MASK 2.0?

A GOOD WARM UP COULD (SHOULD) WARM YOU UP AND CHALLENGE YOU AS WELL. I ADDED THE DIFFICULTY OF THE TRAINING MASK TO PRACTICE BREATHING TECHNIQUES, MENTAL FOCUS AND HEART RATE CONTROL UNDER STRESS. ALL THIS PREPARATION MAY SEEM LIKE MUCH, BUT THE BENEFITS OF A PROPER MENTAL AND PHYSICAL WARM UP CAN NOT BE EMPHASIZED ENOUGH. I DESIGNED THE DYNAMIC TO BE A CHALLENGE BUT ALSO A WAY TO SPEND A FEW MINUTES MEDITATING AND VISUALIZING THE WORKOUT AHEAD. I SPEND MUCH OF THE DAY TRAINING OTHERS AND GIVING A LOT OF MYSELF. MY TRAINING TIME IS MY TIME TO GIVE BACK TO MYSELF. IT IS TIME TO RE-FILL MY SOUL AND SERVE MYSELF SO THAT I CAN CONTINUE TO GIVE AND SERVE OTHERS. WHEN I WARM UP I LET GO OF ALL THE DISTRACTIONS OF THE DAY, CLEAR MY MIND, AND PUSH TO BETTER MYSELF.

VIEW WARMING UP AS AN ENHANCEMENT TO YOUR ROUTINE, NOT AS A HINDERANCE OR WASTE OF TIME. THINKING NEGATIVELY AFFECTS YOUR PERFORMANCE, SO PAINT WARM UPS IN A POSITIVE LIGHT AND YOUR ATTITUDE AND TRAINING WILL CHANGE FOR THE BETTER. ALL OF THE GREATEST ATHLETES OF THE WORLD CAN AND WILL EASILY VOUCH FOR THE NECESSITY OF WARM UP EXERCISES.

FOR THE SQUAD.

- TEE MAJOR

CLICK HERE TO ORDER YOUR TRAINING MASK NOW!

*Strengthens the diaphragm and, sculpts abdominals.
*Conditions the lungs by creating pulmonary resistance.
*Increases surface area and elasticity in alveoli.
*Increases lung capacity and oxygen efficiency.
*Increase anaerobic thresholds.

TRAIN AT ELEVATION
INCREASE BREATHING POWER
INCREASE BREATHING PERFORMANCE
INCREASE RECOVERY TIMES
IMPROVE OVERALL PERFORMANCE