



# TENSEGRITY SPORTS CLINICS

WARM-UP EXERCISES

UPPER AND LOWER BODY

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# LOWER BODY

## EXERCISE SUGGESTIONS

### KNEELING KNEE OVER TOE

#### SET UP

- Start in a half-kneeling position (target ankle in front).
- Front hand rests on the knee.
- Backhand holds the heel down on the floor

#### MOVEMENT

- Shift weight forward, pushing the knee over the toes.
- Use hands to guide:
  - Front hand pushes the knee.
  - Backhand keeps the heel grounded.
  - Rock gently back and forth, increasing range each time.



#### REPS

20 repetitions each side.



# LOWER BODY

## EXERCISE SUGGESTIONS

### HIP 90/90

#### SETUP

- Sit tall, back straight.
- Legs wide, knees bent.

#### MOVEMENT

- Drop both knees to one side under control → reach 90/90 position.
- Return to start, repeat to the opposite side.

#### TIPS

- Too challenging? Lean back, hands on the floor for support.



#### REPS

- 15 repetitions.

# LOWER BODY

## EXERCISE SUGGESTIONS

### HAMSTRING/HIP FLEXOR DYNAMIC



#### SETUP

- Kneel with one foot forward in a long stride.
- Keep your torso tall.

#### MOVEMENT

- Push hips forward → stretch front of back thigh (hip flexor).
- Shift weight back → straighten front knee, lift toes → stretch back of thigh (hamstring).
- Alternate between the two positions.



#### REPS

- 15 repetitions.

# UPPER BODY

## EXERCISE SUGGESTIONS

### SEGMENTAL THORACIC EXTENSION



#### SETUP

- Place a foam roller across the floor.
- Lie back with roller under upper spine (target area).
- Hands behind head for support (don't pull head forward).

#### MOVEMENT

- Inhale → exhale and relax over the roller.
- Option 1: Hold stretch, focus on breathing.
- Option 2: Perform gentle reps at different upper back levels.

#### DURATION

- 2–3 minutes.



# UPPER BODY

## EXERCISE SUGGESTIONS

### SHOULDER DISLOCATIONS

#### SETUP

- Stand feet shoulder-width apart.
- Hold a wooden dowel with a relaxed grip.
- Shoulder blades pulled back and down, core engaged.

#### MOVEMENT

- Lift dowel overhead with both arms straight.
- Move behind you under control.
- Return overhead to start.



#### REPS

- 10 reps.

# UPPER BODY

## EXERCISE SUGGESTIONS

FIGURE 8

### SETUP

- Stand feet shoulder-width apart.
- Hold a wooden dowel with a relaxed grip.
- Shoulder blades pulled back and down, core engaged.

### MOVEMENT

- Keep arms straight.
- Rotate dowel overhead → one arm leads into small of back.
- Opposite arm leads to bring dowel overhead again.



### REPS

- Continue sequence for 10 reps, then repeat in opposite direction



# UPPER BODY

## EXERCISE SUGGESTIONS

### WRIST ROCKBACKS – FOREARM FRONT

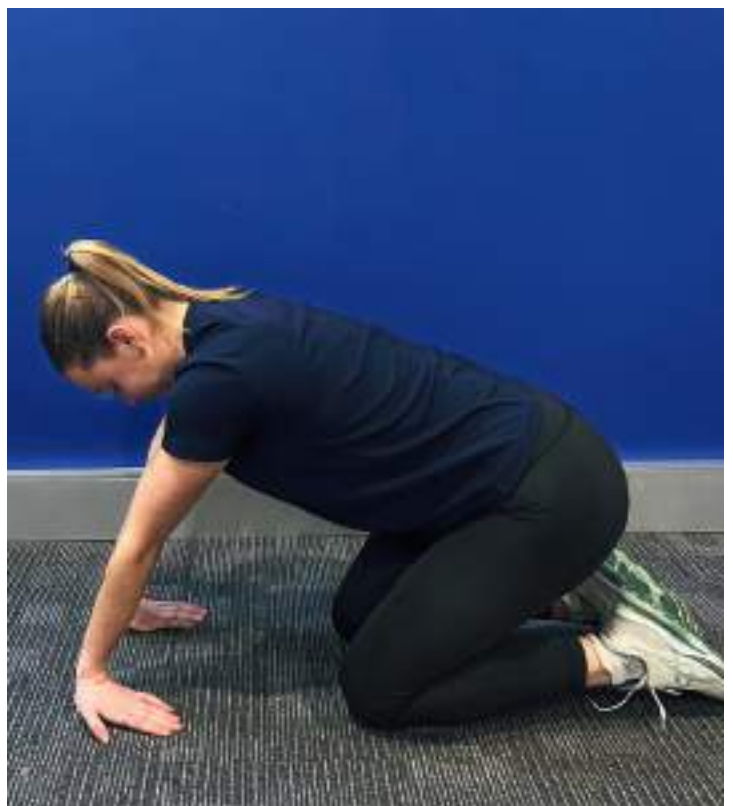


#### SETUP

- Kneel on the floor, arms straight.
- Palms on floor, fingers turned backwards.

#### MOVEMENT

- Shift bodyweight backwards → stretch inside forearms.
- Rock forwards to release.
- Hold 1–3 seconds each position.



#### REPS

- 20 reps.

# UPPER BODY

## EXERCISE SUGGESTIONS

### WRIST ROCKBACKS – FOREARM BACK

#### SETUP

- Kneel on the floor, arms straight.
- Flip hands over (backs of hands on floor, fingers pointing toward you).

#### MOVEMENT

- Rock backwards → stretch back of forearms.
- Rock forwards to release.
- Hold 1–3 seconds each position.



#### REPS

- 20 reps.



# Thank you for participating!

## Do you have any questions?

We are one message away.

### Email us at:

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