



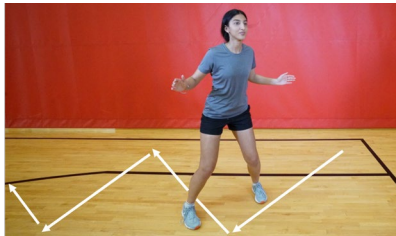
## NEUROMUSCULAR TRAINING WARM-UP PROGRAM

● Aerobic
 ◆ Agility
 ■ Strength
 ◐ Balance

m = meters

Choose between level 1 or level 2 for each exercise

**Level 1:** Forward run, backward zig-zag side shuffles



1-2 lengths

**Level 2:** Forward run, backwards zig-zag carioca



1-2 lengths

**Level 1:** Skipping forward/back



1-2 lengths

**Level 2:** Skipping sideways



1-2 lengths

**Forward run**



1-2 lengths

**Forward run progressing speed**



1-2 lengths

**Level 1:** Single-leg jumps over a line: Forward/Backward



x10-15/leg

**Level 2:** Single-leg jumps over a line: Side-to-side



x10-15/leg

**Level 1:** Squat jumps



x8-12 reps

**Level 2:** Skate jumps



x8-12 reps

**Level 1:** Front plank on elbows



20-30 sec

**Level 2:** Front plank, leg lifts



20-30 sec

● Aerobic

◆ Agility

■ Strength

◐ Balance

m = meters

Choose between level 1 or level 2 for each exercise

**Level 1: Side plank**



15-30 sec/side

**Level 2: Side plank, torso rotation**



x6-10/side

**Level 1: Nordic hamstring curl**



x3-6

**Level 2: Nordic hamstring curl**



x7-10

**Level 1: Walking lunges, torso rotation**



x5-10 m

**Level 2: Walking lunges, knee lift (forward/backward)**



x5-10 m

**Level 1: 3-D lunges**



x2-4 reps/direction

**Level 2: Side lunges, arm circles**



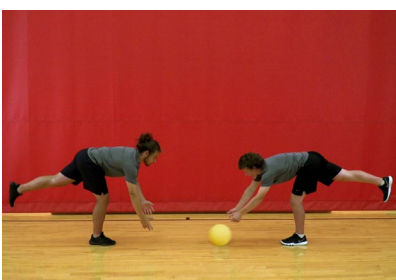
x8-12

**Level 1: Single-leg balance with torso rotation**



x4-6/leg

**Level 2: Single-leg balance with ball roll**



x4-6/leg

**Level 1: Single-leg balance with ball toss**



x4-6/leg

**Level 2: Single-leg balance with jump catch**



x4-6/leg

**SHRED**  
INJURIES

**NEUROMUSCULAR TRAINING WARM-UP PROGRAM | BASKETBALL**

To view videos of all exercises: [ucalgary.ca/shred-injuries/all-sports/basketball](https://ucalgary.ca/shred-injuries/all-sports/basketball)



**UNIVERSITY OF CALGARY**  
FACULTY OF KINESIOLOGY  
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