

# Squash Warm-up Routine

Developed with the assistance of Northern Territory Institute of Sport

Program	Routine	Repetition
General Warm up (4mins)	<ul style="list-style-type: none"><li>◆ Forward and backward skips with arm swings</li><li>◆ Jog forward with hip in and backpedal with hip out</li><li>◆ Side switch lateral walk squat</li><li>◆ Side to side shuttle shuffle</li></ul>	<ul style="list-style-type: none"><li>6x length of court <a href="#">Video Link</a></li><li>6x length of court <a href="#">Video Link</a></li><li>2x length of court <a href="#">Video Link</a></li><li>4x length of court <a href="#">Video Link</a></li></ul>
Dynamic Warm up (4mins)	<ul style="list-style-type: none"><li>◆ Lunge to instep hamstring and rotate</li><li>◆ Single Leg RDL</li><li>◆ Side lunge</li><li>◆ Forward to reverse lunge (single leg)</li></ul>	<ul style="list-style-type: none"><li>4x length of court <a href="#">Video Link</a></li><li>5 reps each side <a href="#">Video Link</a></li><li>2x length of court <a href="#">Video Link</a></li><li>10 reps each leg <a href="#">Video Link</a></li></ul>
Neuromuscular Exercises (4mins)	<ul style="list-style-type: none"><li>◆ High knees up &amp; back</li><li>◆ Single leg side hop 20–30cm</li><li>◆ Crossover with knee drive</li></ul>	<ul style="list-style-type: none"><li>4x length of court <a href="#">Video Link</a></li><li>2x 10sec each leg <a href="#">Video Link</a></li><li>4x length of court <a href="#">Video Link</a></li></ul>
Squash Specific	<ul style="list-style-type: none"><li>◆ Racquet swings</li><li>◆ Ghosting</li></ul>	As much as required