

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">◆ Forwards and reverse arm swings◆ Heel to toe walk◆ Knee raises◆ Standing trunk twist	10x each 2x length of court 10x each leg 10x each Video Link Video Link Video Link Video Link
Dynamic Warm up (4mins)	<ul style="list-style-type: none">◆ Lunge to instep rotate◆ Single Leg RDL◆ Side lunge◆ Forward to reverse lunge (single leg)	4x length of court 5 reps each side 2x length of court 10 reps each leg Video Link Video Link Video Link Video Link
Neuromuscular Exercises (4mins)	<ul style="list-style-type: none">◆ High knees up & back◆ Single leg side hop 20–30cm◆ Crossover with knee drive	4x length of court 2x 10sec each leg 4x length of court Video Link Video Link Video Link
Squash Specific	<ul style="list-style-type: none">◆ Racquet swings◆ Ghosting	As much as required