

# Water Polo

## Dryland Warm Up



by: Michael Reid, B.HE

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*Congratulations!*

*You are on your way to becoming a better Water Polo player.*

*Please read through the entire program, watch the videos on my website and if you have any questions please do not hesitate to contact me.*

*You can always send me an email through my website at [www.michaelreid.ca](http://www.michaelreid.ca) or [www.waterpolotraining.net](http://www.waterpolotraining.net).*

*Be Well,*

*Mike Reid*

## Water Polo Dryland Warm Up

This is an all in one program to get your body ready for the intensity of a strength session, pool practice or match. It is designed to get the tight areas loose, the loose areas activated and the whole body feeling good. This is all accomplished by mostly using various dynamic movements that are specifically chosen for the sport of Water Polo. It may seem a bit like stretching, yoga and strength training all rolled up into one program and it certainly has elements of all three.

### Purpose of a Warm Up

- ✓ Increase Core Temp & Blood Flow
- ✓ Increase Muscle Pliability
- ✓ Reinforce Good Movement Patterns
- ✓ Develop Dynamic Flexibility
- ✓ Increases heart rate
- ✓ Excite your Nervous System
- ✓ Increases coordination & body awareness

I have designed this warm up to take no longer than 15 minutes when lead by a coach with a stop watch. Expect it to take longer the first few sessions when you are first learning the sequence.

**COACHING TIP:** It can be tough for an athlete to learn 15 new exercises all in one session. So, when teaching the warm up, plan to teach the first 2-4 exercises on the first day. Then add 1-2 new exercises every 1- sessions.

Do not skip the warm up! At a bare minimum, the warm up is always done, it is that important. Many of the movements in the warm up are either foundational to or the same as the exercises used in strength training programs, so it is very important to master the warm up first. Spend the first 2-4 weeks doing just the warm up before every single practice. If you are a high performance athlete that should mean at a minimum 5-6 times per week.

Notes for the warm up:

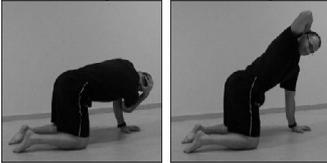
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- Each set will last 30s with approximately 5-10s to switch to the next exercise.
- You will perform one set per exercise.
- I have suggested a range of repetitions for the dynamic exercises which is useful for knowing if you are going too fast or slow but also for times when you don't have a stop watch.
- Tempo has two different styles for this program. It is either a static hold (i.e. no movement) or dynamic where the athlete will be moving their body at a moderate pace.

Go to [www.michaelreid.ca](http://www.michaelreid.ca) or [www.waterpolotraining.net](http://www.waterpolotraining.net) for a video demonstration of all the exercises.

Exercise Name	Reps	Tempo	Total Time
<b>1. Upper Traps Stretch</b> 	1x/side	Static Hold	60s
<b>2. Reverse Shrugs</b> 	10-15 total	Dynamic	30s
<b>3. Sleeper Stretch</b> 	1x/side	Static Hold	60s
<b>4. Controlled Arm Circles</b> 	15-20/side	Dynamic	60s

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Exercise Name	Reps	Tempo	Total Time
<p><b>5. 4 Point Serratus Anterior Activation</b></p> 	10-15 total	Dynamic	30s
<p><b>6. 3 Point Upper Body Rotation (Thoracic Spine Mobilization)</b></p> 	10-15/side	Dynamic	60s
<p><b>7. Standing Hip Circles</b></p> 	10-15/side	Dynamic	60s
<p><b>8. Squats</b></p> 	15-20 total	Dynamic	30s
<p><b>9. Split Squats</b></p> 	8-10/side	Dynamic	60s

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Exercise Name	Reps	Tempo	Total Time
<p><b>10. Waiters Bow Stretch</b></p> 	10-15 total	Dynamic	30s
<p><b>11. Side to Side Squats</b></p> 	10-20 total	Dynamic	30s
<p><b>12. Push Up Hold</b></p> 	1x	Static Hold	30s
<p><b>13. Side Bridge (on forearm or hand)</b></p> 	1x/side	Static Hold	60s
<p><b>14. Prone Cobra</b></p> 	1x	Static Hold	30s
<p><b>15. Burpees</b></p> 	10-15 total	Dynamic	30s

## FAQ's

*Q: Am I supposed to feel a bit tired after the warm up? I mean going 30 seconds per exercise with little rest seems a bit too much like a work out then a warm up.*

A: Yes, you may feel tired by the end especially after the Burpees but that is what a warm should do to some degree. You must move to excite your nervous system, increase your heart rate and develop your dynamic flexibility. But, as with any training program your body will eventually adapt and it will start to become "easier". When this happens you can go onto the level II warm up which is essentially the same thing but with more advanced exercises.

*Q: I have a shoulder injury, is this a good warm up to do?*

A: If you have an injury then you should consult with your physician before starting this program. Even though many of the exercises are commonly used in rehab programs, this warm up is designed for healthy athletes.

*Q: On the Upper Traps Stretch and the 3 Point Upper Body Rotation I notice that I am stiffer on one side. Is this something I should be concerned about?*

A: If you have no current injury or pain then I would not be too concerned but I would extend the warm up a few more minutes and do 1-2 extra sets on the stiffer side with those two exercises.

## About Michael Reid



Mike is a professional physical trainer (strength coach) from Canada who is currently working in Europe.

He has a real passion for Water Polo and has played, coached and referred for many years at various levels.

Mike has extensive experience working with amateur and professional athletes participating in a variety of sports such as Basketball, Volleyball, Water Polo, Golf and Hockey to name a few. He also has experience working with people with metabolic disorders (e.g. diabetes), back pain and other orthopaedic conditions. He continually seeks more education and improved understanding of research, training techniques and approaches in the realm of athletic training, nutrition and lifestyle coaching.

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