

WARM UP BEFORE OPEN PLAY

# DON'T START COLD

5-minute court-side pickleball warm-up

5 moves. 60 seconds each.

1

## MOVE

easy walk + arm swings

Start easy. Let the arms swing.



2

## ANKLES

rocks + calf pulses

Rock gently. No hard bouncing.

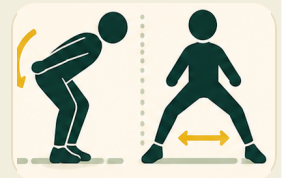


3

## HIPS

hinges + side steps

Hinge tall. Step side to side.



4

## SHOULDERS

circles + reaches

Circle through easy range.

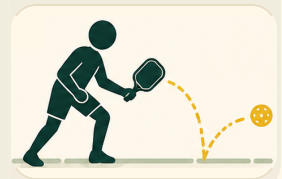


5

## PLAY

split step + gentle dinks

Land light. Start soft.



Court / group: \_\_\_\_\_

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