

Dynasty Activation Routine

A good arm activation and dynamic warmup “turns on” your shoulders, core, and legs so you can swing, pass, and move explosively without getting hurt. It also helps your body find rhythm and timing before the first point, so you don’t need a full set to settle in. When we take warmups seriously as a team, it builds focus and trust. Everyone is locked in, ready to compete, and starting strong together.

Before putting on shoes and stepping onto the court use Theragun on bottom of your feet (30 seconds/foot)

Arm Activation

Standing Side Arm Swing to Back Arm Swing x5

Front 1/2 Arm Swing to Front Full Arm Swing x5

Bushwhackers x5 each arm

Pushback Swings Top and Bottom x5

Bushwhacker Pushbacks x5 each arm

In and Out Arm Circles (Both Arms)

- Forward x10
- Back x10

Left Arm ISO Swings

- Forward x10
- Back x10

Right Arm ISO Swings

- Forward x10
- Back x10

Bands Pullaparts:

High x5

Mid x5

Low x5

Low (Palms Up) x5

External Rotation x5

Dynamic Warmup

High Knee Hug (On Toes)

- End line to Mid line
- Jog Back

High Knees

- For Reps not speed!

Lateral High Knees (Direction 1)

- For Reps not speed!
- Jog Back

Lateral High Knees (Direction 2)

- For Reps not speed!
- Jog Back

Forward Lunges w/ Twist

- Jog Back

Reverse Lunge w/ Reach

- Jog Back

Backward Walk w/ Hip Rotation (Open Hips)

- Jog Back

Skaters (2 groups)

- Explosive but stick movements
- Jog Back

High Skips (2 groups)

- Jog Back

Toes in/Toes out x 15 sec

- Find a line

Jump Rope (no rope) x 15 sec

Basic Volleyball Shuffle (10’ Line to Midline 6 line touches)

- Stay low, head still, proper footwork

4 Step Approach w/ no jump x5

2 Step Approach/Attack w/ jump x 5

- Be aggressive
- Gain Ground
- Get High!

Grab a drink and a volleyball for standard warmup progression