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Neurological Reprogramming

The neurological reprogramming warm up is to be completed with the following methods, sport skill learning session, speed development training, pre-rehab session and posts chiropractic and/or manual therapy treatment. These movements should be placed into youth sport dynamic warm-ups daily. Use in conjunction with [Sonic Therapy](#).

[Toe to Mouth Supine](#) - Alternating 8 to 10 Repetitions Each Side

[Lying Leg Twist](#) - Alternating 8 to 10 Repetitions Each Side

[Bent Leg Hip Rotation](#) -Alternating 8 to 10 Repetitions Each Side

[DNS Get Up](#) -8 to 10 Repetitions Each Side

[Hurdler Twist Both Legs In](#) - 5 to 8 Repetitions Each Side

[Quadruped Shifts](#) - 8 to 10 Repetitions Back and Fourth

[Baby Crawling Stage One](#) -8 to 10 Repetitions Each Limb

[Baby Crawling Stage Two](#) - 8 to 10 Repetitions Each Limb

[Elbow to Instep with T-spine Rotation](#) - 5 to 8 Repetitions Each Side

[Bent Over Interlocked Arm Circles](#) - 5 to 8 Repetitions Each Arm and Foot on Top

[Interlocked Front Arm Circles](#) - 5 to 8 Repetitions Each Arm and Foot on Top

[Interlocked Over Head Arm Circles](#) -5 to 8 Repetitions Each Arm and Foot on Top

[Thumb Look Aways to Right](#) - 8 Repetitions Each Direction

[Thumb Look Aways Left](#) - 8 Repetitions Each Direction

[Marching Slow](#) - 50 Repetitions

[Gallop Forward](#) - 5 to 8 Repetitions Each Side

[Carioca Quick Step](#) - 10 Repetitions Each Side