PICKLEREHAB

The 5-Minute Pickleball Warm-Up

Do this before every session. Print it and tape it to your gear bag.

Phase 1 — General Warm-Up (2 min)

Raise your heart rate. You should feel slightly warm and breathing a bit faster by the end.

- [ ] Brisk walking around the court, jumping jacks, or a light jog
- [ ] Do NOT stretch first — stretching cold muscles slightly impairs performance

Phase 2 — Dynamic Mobility (2 min)

Smooth and controlled, not fast. This is where the Achilles, calves, and hips get their preparation.

- [ ] Arm circles — 20 forward, 20 back
- [ ] Leg swings — 10 each direction, per leg
- [ ] Hip rotations — 10 each direction
- [ ] Lunges with a torso twist — 5 per side
- [ ] Ankle circles — 10 each direction

Phase 3 — Sport-Specific Movement (1 min)

Prime the exact movement patterns you're about to use at intensity. Finish feeling warm and mobile, not exhausted.

- [ ] Slow lateral shuffles across the court
- [ ] A few gentle dinks with a partner or against a wall
- [ ] Two or three easy serves, focusing on smooth motion, not power

Before you play — and after

- Skip static stretching before play — save it for after your session.
- If you have a history of tennis elbow: add wrist circles (20 each way) and a few relaxed ghost swings at half speed.
- If you have Achilles or calf issues: add 10 single-leg (or 20 double-leg) calf raises.
- If you have hip, groin, or back issues: add 10 leg swings per side and a few bodyweight squats.

Educational only — this checklist is general information, not medical advice. If you have an injury, persistent pain, or a medical condition, talk to a clinician before starting a new routine. picklerehab.com