**Advanced Neural Warm-up**

**Master Exercise List: I-Phase Series**

**1. Lunge Positions –** Neutral Foot

**2. Lunge Positions –** Rotated Foot & Leg

**3. 3 Position Lateral/Medial Ankle Tilts**

**4. 9 Position Toe Pulls**

**5. Rolling Toe Pulls**

**6. Ball of Foot Circles**

**7. Toe Flexion/Extension Waves**

**8. Ankle Box Figure 8’s**

**9. Peg Board Drill**

**10. Hanging Knee Circles**

**11. Closed Chain Knee Circles –** Neutral, Anterior Lunge, Lateral Lunge

**12. Hip Internal/External Rotation with Distraction**

**13. Hip Pendulums –** Right/Left, Anterior/Posterior

**14. 5 Position Flexed Knee Hip Circles** – Crossbody Front, Front, Side, Back, CB Back

**15. Closed Chain Hip Circles –** Anterior Lunge, Lateral Lunge

**16. Pelvis Full Circles** – Neutral, Anterior Lunge, Posterior Lunge

**17. Lumbopelvic Hourglass**

**18. Lumbar Spine Lateral Lunge Full Circles** – Outside, Inside

**19. Thoracic Spine Full Circles** – Neutral

**20. Thoracic Spine A/P Glide** – Anterior Lunge, Posterior Lunge

**21. Cervical Spine Rotated Lunge** – Rotation, Lateral Flexion, A/P Glides, Full Circles

**22. Shoulder Internal/External Rotation with Distraction**

**23. Shoulder Anterior Lunge –** Flexed Arm Front/Back Figure 8’s

**24. Shoulder Lateral Lunge –** Flexed Arm Side/Crossbody Figure 8’s

**25. Shoulder Posterior Lunge –** Flexed Arm Top/Bottom Figure 8’s

**26. Camshafts –** Flexed Arm

**27. Elbow Lateral Lunge –** Figure 8’s

**28. Wrist Circles –** Palms Down, Palms In, Palms Up

**29. Hand Figure 8’s**

**30. Flexed Finger Circles**

**31. Finger Flexion/Extension Waves**

**32. Jaw Rotated Glides –** Anterior/Posterior, Lateral

**33. Relaxation in Motion**