

# 10 DYNAMIC WARM-UPS

Activating muscles for your workout

DYNAMIC WARM-UP is stretching through movement that will prepare the body to engage in physical activity and sports.

DO EACH WARM-UP FOR **20 YARDS**



## 1 LIGHT JOG

Run at a gentle pace.



## 2 HIGH KNEE TUCKS

Bring your knee up to your chest and hold it for a few seconds.



## 3 BUTT KICKS

Using short strides, lift your knees slightly and try to bring your heel directly under your butt — not behind — with each stride. Alternate legs rapidly.



## 4 POWER SKIPS

Skip as high as you can by raising your knee to hip height and simultaneously extending your opposite arm up. Your left leg should remain straight.



## 5 FORWARD LUNGE & TWIST

Step forward with left leg into a lunge. Rotate trunk to the left, placing right elbow on the outside of the left knee. Relax torso and step into next lunge with the right leg and repeat rotation.



## 6 CARIOCA

Use your left foot to push off, crossing it behind the right foot and transferring your weight onto it. Move your right foot to the side until you're back to your starting stance. Now cross your left foot in front, stepping onto it. Move your right foot to the side. Continue moving to your right, crossing the left foot behind, then forward, until you reach the end of your planned distance. Then reverse your direction.



## 7 LATERAL LUNGE & TWIST

Step out to the side with your toes facing forwards and keep your body in an upright position. Rotate your torso in the direction of your lunging leg.



## 8 SLIDES

Start with your knees slightly bent and feet shoulder width apart. Take a step to the side at a comfortable distance. Follow with your opposite foot so that your feet are shoulder width again. Repeat until finished.



## 9 HIGH KNEES CROSS OVERS

Drive your knee up and step over your opposite leg. Bring your trail leg back to starting position and repeat until finished.



## 10 EXAGGERATED BACKPEDAL

Walk backwards with large steps. Repeat until finished.



### BENEFITS OF DYNAMIC WARM-UPS INCLUDE:

- **INCREASES BODY TEMPERATURE** At slightly elevated temperatures, muscles are able to contract more efficiently and generate greater force
- **GETS THE HEART AND LUNGS READY TO ENGAGE IN VIGOROUS ACTIVITY**
- **ELONGATES MUSCLES ACTIVELY**
- **HELPS TO INGRAIN PROPER MOVEMENT PATTERNS**
- **WAKES UP THE NERVOUS SYSTEM** and gets the brain communicating with the muscles

SOURCE: Premier Health Sports Medicine