

Dynamic Warm Up

Purpose:

The warm-up is designed to increase body temperature, increase blood flow to working muscles, activate muscle groups, stimulate the nervous system, and increase joint mobility. Performing the warm-up correctly prepares you for success while decreasing the potential for injury.

Considerations:

- Time available
- Exercises to be done
- Environment
- Individual needs / Injury history

Components:

-Mobility

Activities used to increase blood flow, take joints through ranges of motion, and prepare the body for movement, they are performed at an increasing level of exertion throughout the warm up.

-Muscle activation

Movements used to stimulate specific muscles. The targeted muscles are those important to posture, stability, and the movements to be performed during the workout. Generally performed after core body temperature is elevated.

Composition:

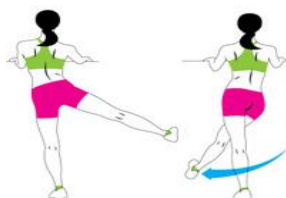
- Should progress from simple to more complex movements
- Should focus on preparing the joints and muscles that will be used during the training session
- Intensity should increase gradually until working at a level similar to the training session.
- At the completion of the warm up, the heart rate and breathing rate should be slightly elevated and there should be a light sweat beginning to form.

Example:

Heel/Toe raises X 20



Frontal leg swings X 20



Arm Circles X 20 (fwd and rev)

-Elbows should be straight and the size of the circles should vary from small to large

Frankenstein walk 10 yds



Walking knee hug 10 yds



Walking lunge with torso rotation 10 yds



Butt kicks 10 yds

-The heel of each foot should contact the butt or as close as your flexibility will allow.

-The objective is to get as many repetitions as possible in the 10 yd distance. Not to finish quickly.

High knees 10 yds

-The thigh should be higher than parallel with the ground.

-The objective is to get as many repetitions as possible in the 10 yd distance. Not to finish quickly.

Lateral Shuffle 10 yds (both directions)

-Hips, shoulders, and head should remain pointing forward with eyes up and fwd.

Carioca 10 yds (both directions)

-Should be done with the intent to get as much hip rotation as possible with shoulders and head fwd.

Build ups 50 yds (50%, 75%, 95%)

-This is simply running 50 yds and increasing the speed from 50% of full sprint for the first one up to 95% for the third.