



For years, many athletes have been taught to perform a thorough stretching routine before engaging in training, practice, or competition. While static stretches may help to improve flexibility, they do not aid in adequately “warming up” the body’s tissues and preparing the body for the rigors of athletic performance. More recently, new research has shown that performing a dynamic warm-up before activity is a much better route to optimizing performance than simply stretching. The dynamic warm-up has many physiological benefits:

- Increases core body temperature
- Increase blood flow to the muscles, increasing temperature
- Activates muscle groups
- Stimulates the nervous system
- Increases joint mobility
- Increases coordination and balance
- Decreases chance of injury

The dynamic warm up should be performed at an intensity high enough to increase body temperature (i.e. induce sweating), but not cause long-lasting fatigue.

Dynamic Warm-Up Exercises

* Performed over a distance of 60 ft 2x

@ Performed over a distance of 60 ft 1x

- 1) General Warm-up (5 min jog)
- 2) @ Knee Hug
- 3) Neck rotations (each direction) x 10
- 4) @ Walking Quad stretch (lift R knee, grab R foot, pull R foot behind body – repeat w/ L)
- 5) Shoulder Shrugs x 10
- 6) @ Inch worm (Crawling on hands and feet; walk hands out, touch stomach to ground, walk feet to hands)
- 7) Arm circles (each direction) x 10
- 8) @ Hip Circles (with each leg)
- 9) @ Heal-to-toe walk (land on heel, push off on tip-toe)
- 10) Arm Hugs x 10 (open wide, hug your body)
- 11) @ Walking Lunge
- 12) Alternating straight arm swings → Bent-arm swings
- 13) * Lateral Lunges (each direction)
- 14) @ Low Lunge (“Spiderman”)
- 15) Standing Trunk Twist (each direction) x 10
- 16) @ Lunge W/ Twist (twist upper body to side w/ leg forward)
- 17) * Toe-touch kicks (“Tin Soldiers”)
- 18) * Bottom Kicks
- 19) * High Knees
- 20) * Straight Leg Skip
- 21) * Power Skip
- 22) * Side shuffle (each direction)
- 23) * Carioca (each direction)
- 24) * Striders
- 25) * Sprint

Upper Extremity/Throwing sports:

- Fist Squeezes x 10
- “Draw the Sword” x 10
- “Seatbelt” x 10