

# Dynamic Warm-up

Do each 5-10 times smoothly

Neck Up and Down
Shoulder Circles
Arm Swings Across
Arm Swings Forward
Wrist Circles
Trunk Twists
Leg Swings Forward
Knee Bends
Ankle Circles

## Tips:

Neck Up and Down – look up as high as you can and down as far as you can, from the ceiling to your shoes.

Shoulder Circles – Move the shoulders up, then back, then down, then forward in circular fashion. Think about getting the maximum range of motion. Can you go any higher or farther back?

Arm Swings Across – Arms should be straightened out and about chest level as you swing. Try to go back as far as you comfortably can.

Arm Swings Forward – Arms are straight again. Swing back behind your hips and then forward and up as high as you can go.

Wrist Circles – Bend arms to 90 degrees, elbows by your sides, and make the circles in front of you. Try to keep the arm still moving only the wrist joint. Do several and reverse directions.

Trunk Twists – Bend your arms to 90 degrees and rotate your spine, trying to look behind you, then twist all the way to the other side. I like to let my heels come off the ground as I rotate, like during a golf swing. Then it becomes a whole body twist.

Leg Swings Forward – Hold on to something sturdy and swing one leg forward like you're kicking a ball, then swing back as far as you can. Most likely you'll be able to go much farther forward than backwards.

Knee Bends – Hold on to something sturdy and bend one knee so the foot moves backwards off the ground. Then bring it back down and alternate between both feet. The thigh should not move, just the lower leg.

Ankle Circles – Hold on to something sturdy and shift most of your weight onto one foot. Bring the heel of the other foot off the ground so only the toe is touching. Then move the heel around in a circle. Do several and reverse. Then switch legs.