DYNAMIC WARM-UPS

Active Exercises

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

GIANT ARM SWINGS

5 *Forward* / **5** *Back*

LEG SWINGS

5 *Each leg*

LEG SWINGS DIAGONAL

5 *Each leg*

ANKLE CIRCLES

10 *Each leg*

SQUATS

10 *Repititions*

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*

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