

# DYNAMIC WARM-UP GUIDE



## BOCCE

**Special  
Olympics**





# Special Olympics **Health**

MADE  
POSSIBLE BY **Golisano** FOUNDATION

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# Warm-Up Directions

A warm-up should be the first physical activity in every training session or competition. A good warm-up helps you to reach a state of physical and mental readiness.

A proper warm-up should include:

- Aerobic activity
- Dynamic stretching

The aerobic activity in a warm-down should increase your heart rate. Some aerobic activities are high knees, jumping jacks and a jog around the playing field.

After you complete the aerobic activity, you will want to dynamic stretch the different muscles you'll be using.

## HOW TO USE THIS GUIDE

- Try to do about **15-20 repetitions** of each exercise.
- Many of these stretches can be **done in place or across the playing area.**
- Select a few exercises that **focus on different muscles.**

# Sample Warm-Up

## AEROBIC ACTIVITIES

Aerobic activities are whole body movements should last about 5 minutes and increase the heart rate. Select a few exercises from the list below:

- Butt Kicks
- Forward Jacks
- High Knees
- Jog in Place
- Jumping Jacks

### High Knees

## DYNAMIC STRETCHES

Dynamic stretches consist of active, controlled movements that take body parts through a full range of motion. If you don't have enough time, select a few that focus on the different muscles used in your sport:

- Arm Circles
- Arm Swings
- Forward Lunges
- Torso Twists
- Wrist Rotations



# Butt Kicks

## DIRECTIONS

- Walk or jog while kicking your heels up to touch or nearly touch your glutes.
- Quickly alternate legs. Keep arms bent at the elbows and swinging back to front.
- Start slowly with a walk and then speed up to a jog or run.
- This exercise can be done in place or while moving around an activity space.



# Forward Jacks

## DIRECTIONS

- Stand with one foot in front of the other and your arms down by your sides.
- Jump up and switch your feet. Swing your arms sideways over your head.
- Jump to bring your arms back to your sides and switch your legs back to the starting position.



# High Knees



## DIRECTIONS

- Walk or jog while raising your bent knee up to the level of your hip or higher.
- Quickly alternate legs. Keep arms bent at the elbows and swinging back to front.
- Start slowly with a walk/march and then speed up to a jog or run.
- This exercise can be done in place or while moving around an activity space.

# Jog in Place



## DIRECTIONS

- Jog in place.
- Make sure you are also swinging your arms the whole time.



# Jumping Jacks

## DIRECTIONS

- Jump up and spread your legs apart as you swing your arms over your head.
- Jump again and bring your arms back to your sides and your legs together.



# Arm Circles

## DIRECTIONS

- Stand tall with your arms straight down. Slowly make large circles with your arms in the forward direction.
- Repeat exercises in the backward direction.



# Arm Swings

## DIRECTIONS

- Start in a standing position with your feet apart and stretch your arms out to the sides making a “T” shape.
- Cross your arms in the front of the body and reach as far back as possible to touch your shoulders or back.
- Uncross your arms and return to your starting position.



# Forward Lunges

## DIRECTIONS

- Stand with your feet shoulder width apart and put your hands on your hips.
- Take a big step forward with your right foot and bend both knees so that your left knee is almost touching the ground.
- Push off your left leg and return to the starting position. Repeat with your left leg forward.



# Torso Twists



## DIRECTIONS

- Start in a standing position with your feet apart.
- Stretch your arms out to the sides making a “T” shape.
- While keeping your arms out straight and your hips facing forward, turn your upper body and head slowly to one side, return to center, then turn to the other side.

# Wrist Rotations

## DIRECTIONS

- Put your arms out straight to your sides or in front of you.
- Make circles with your wrists in one direction and then the opposite direction.



# Benefits of a Warm-Up

A warm-up should be the first physical activity in every training session or competition. A good warm-up helps you to **reach a state of physical and mental readiness.**

## Physical and Mental Benefits

- Increase heart rate
- Increase breathing rate
- Increase body and muscle temperature
- Greater blood flow to the active muscles
- Shift focus from life to sport
- Connects the mind and the body

