

DYNAMIC WARM-UP GUIDE



TENNIS

***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:

- Fast Feet
- Light Jog
 - Multidirectional
 - With Accelerations
- Rotational Jumps
- Side-to-Side Hops
- Side Shuffles

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
- Heel Walks
- Lateral Leg Swings
- Toe Walks
- Torso Twists
- Walking High Kicks
- Walking Leg Sweeps
- Walking Quadriceps Stretch
- Windmill Toe Touches
- Wrist Rotations



Fast Feet



DIRECTIONS

- Stand with your feet shoulder width apart and your knees bent.
- Put your arms at your sides with elbows bent.
- Rise to the balls of your feet and run in place as fast as possible.
- Keep your feet moving quickly.



Light Jog



DIRECTIONS

- Lightly jog around your training area.
- Make sure you are also swinging your arms the whole time.

NOTE: Trying changing directions and/or speed when you jog!

Rotational Jumps

DIRECTIONS

- Stand with your feet together and knees bent.
- Jump to the left and turn so your hips and toes point left. Then jump to the right and turn so your hips and toes point right.
- Keep jumping and rotating your body.



Side-to-Side Hops

DIRECTIONS

- Bend the knees slightly and hop as high as you can to one side then the other side.

NOTE: You can also hop forward to backward or hop in place.



Side Shuffles

DIRECTIONS

- Stand with your feet shoulder width apart and bend your knees. Put your arms out at your sides.
- Step with your right foot to the side, and then bring your left foot in beside it.
- Do 5 shuffles to the right, then switch directions.
- Do 5 slides to the left, leading with your left foot. Keep shuffling from side to side.



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.



Heel Walks



DIRECTIONS

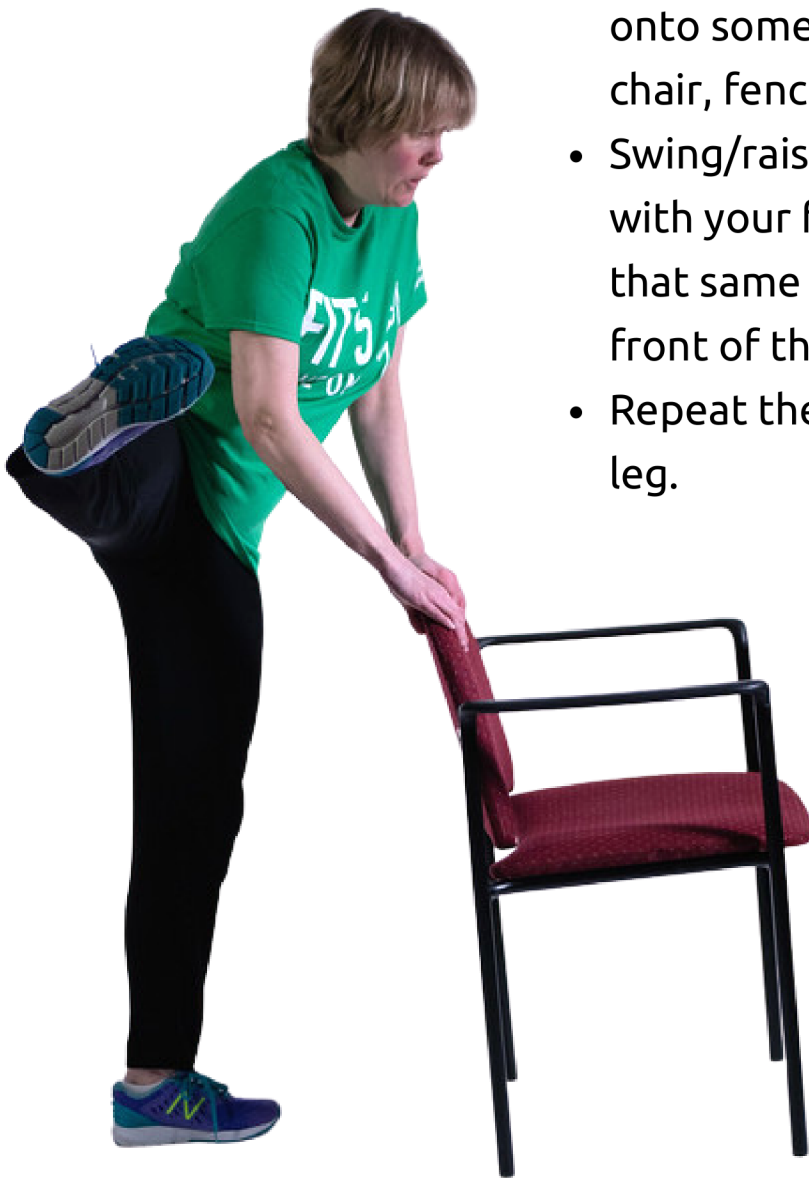
- Start in a standing position.
- Shift your weight back onto your heels.
- Lift your toes off the ground.
- Stay on your heels and walk forward for 15 - 20 steps.



Lateral Leg Swings

DIRECTIONS

- Start in a standing position and hold onto something stable (e.g., wall, chair, fence) lightly with both hands.
- Swing/raise one leg out to the side with your foot flexed and then swing that same leg across your body in front of the standing leg.
- Repeat the exercises with the other leg.



Toe Walks



DIRECTIONS

- Start in a standing position.
- Shift your weight onto the balls of your feet.
- Raise your heels off the ground to stand on your tiptoes.
- Stay on your toes and walk 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.



Walking High Kicks



DIRECTIONS

- With a tall posture and straight back, walk forward and kick one leg out in front as high as you can.
- Keep arms out to your sides or in front, whichever is better to keep your balance.
- Switch sides and kick the other leg in front of you.
- Continue to alternate legs as you walk forward.

Walking Leg Sweeps

DIRECTIONS

- Stand with your right heel out in front, toes pointed up, and your leg straight.
- Bend forward and reach down toward your right foot and scoop with your hands.
- Step forward and return to a standing position. Repeat with your left heel in front.



Walking Quadriceps Stretch

DIRECTIONS

- Step forward onto your right foot and raise your left foot up behind you.
- Reach your left hand back, grab your ankle, and make sure your knee points down.
- Let go of your ankle, step forward with your left foot, and repeat on the right side.
- Keep walking and alternating sides.



Windmill Toe Touches

DIRECTIONS

- Start in a standing position with your feet apart and stretch your arms out to the sides making a “T” shape.
- Reach one hand across your body and tap the outside of the opposite foot. Keep your arms and legs as straight as possible.
- Return to the upright starting position with arms out to sides. Reach your other hand across and tap the outside of the opposite foot.



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

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