

Let's 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.

A proper warm-up should include aerobic activity & dynamic stretching

Try this warm up routine:

1) Aerobic Activity

- 3-5 minutes of (pick one) - March in place, walking or light jog

2) Dynamic Stretches - Dynamic stretches consist of active, controlled movements that take body parts through a full range of motion.

- Perform each stretch 20 times (10 times on each side)
 - Arm Swings
 - Arm Circles
 - Side Reaches
 - Windmill Toe Touches
 - Torso Twists
 - Hip Circles
 - Toe Walks
 - Heel Walks
 - Lateral Leg Swings
 - Forward Leg Swings
 - Lateral Lunges
 - Walking High Kicks
 - Butt Kicks
 - High Knees

[Follow along with the guide here](#)



Questions? Contact Jeston Glish - jglish@specialolympicswisconsin.org