

## Dynamic Warm Up

A dynamic warm up is a form of active range of motion that is recommended before training, practice or competition, and has been shown to reduce **muscle tightness** while increasing nervous system activation. Dynamic warm up exercises involve moving parts of your body and gradually increasing reach, speed of movement, or both.

Dynamic stretching consists of controlled leg and arm swings that *gently* and progressively move you *within* the limits of your range of motion. Dynamic stretching avoids jerky, bouncing motions and tends to incorporate more sport-specific movements, such as arm circles, torso rotations, butt kicks, high knee lifts and walking lunges (without weights). This type of warm up routine will help to prepare your muscles for exercise.

### The Dynamic Warm Up Exercises (perform 1 set 15 seconds each):

- **High knee walking** will gradually warm up your quads and hip flexors



- **High knees with a skip** will progressively increase your hip mobility. Push off your opposite leg with each step.



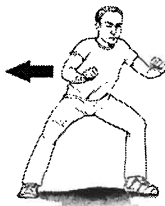
- **Walking Butt kicks** involve your hamstrings, and prepare you for fast butt kicks. Kick your heel back toward your butt with each step.



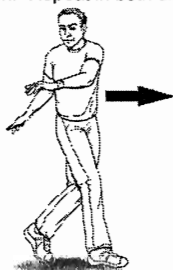
- **Fast Butt kicks** activate your hamstrings and prepare them for activity.



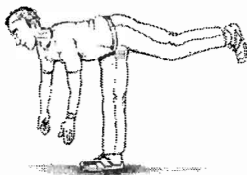
- **Lateral lunges** gradually increase your hip and groin mobility. Make sure your knees track over your feet as you step sideways. 15 seconds in each direction.



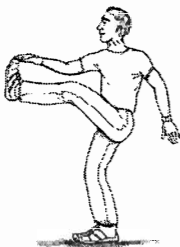
- **Grapevine** – Alternate crossing each foot in front and then behind the other. Great for athletic coordination. Repeat in both directions.



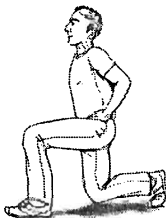
- **1 leg deadlift walk** – This drill is great for strengthening your hamstrings, glutes, and core, while improving your balance.



- **Straight leg swings with reach across**, actively lengthen your hamstrings & improve rotation at the waist while developing core stability.



- **Lunge walk** – Slowly lower yourself into the lunge position with each step until your knees are bent to about 90 degrees. Push off the front leg as you lunge forward. Keep your core stable.



- **Reverse Lunge walk** – The technique is similar to the forward lunge. As with actual sport, you need to be comfortable moving in every direction.
- **Heel walking** will strengthen your tibialis anterior (shins) and improve ankle mobility, as well as helping to prevent shin splints. Simply walk on your heels for about 15 seconds without letting the balls of your feet and toes touch the ground.
- **Toe walking** strengthens your calves while improving your balance. Simply walk on the balls of your feet for a few seconds while keeping your heels off the ground. Heel & toe walking will prepare your ankles for activity & help protect them from injury.
- **Arm circles** help improve blood flow and range of motion in the shoulders and upper body. Gradually increase your range of motion and speed of arm movement. 15 seconds in both directions.

