

# Dynamic Warm up

- 10- 20 minutes
  - May be dependent on:
    - the age of the athlete
    - current physical condition and prior exercise experience
- Prepares the body for the demands of a work out or practice
  - Increases heart rate, respiratory rate and blood flow to the muscles
  - Increases core body temperature
  - Enhances muscle elasticity

# Dynamic Warm Up

- Warm up with exercises for both the upper and lower extremities
- Progress from low to a higher intensity
- Include all planes of motion
  - Start in the sagittal plane and progress to multidirectional movements

# Dynamic Warm Up

- THE ATHLETE SHOULD FEEL LIKE THEY ARE WARMED UP
- SHOULD BREAK A SWEAT WITH A DYNAMIC WARM-UP

# Dynamic Warm Up

- The following includes several different exercises that can be utilized during the dynamic warm up
- Remember to progress accordingly

# Dynamic Warm Up



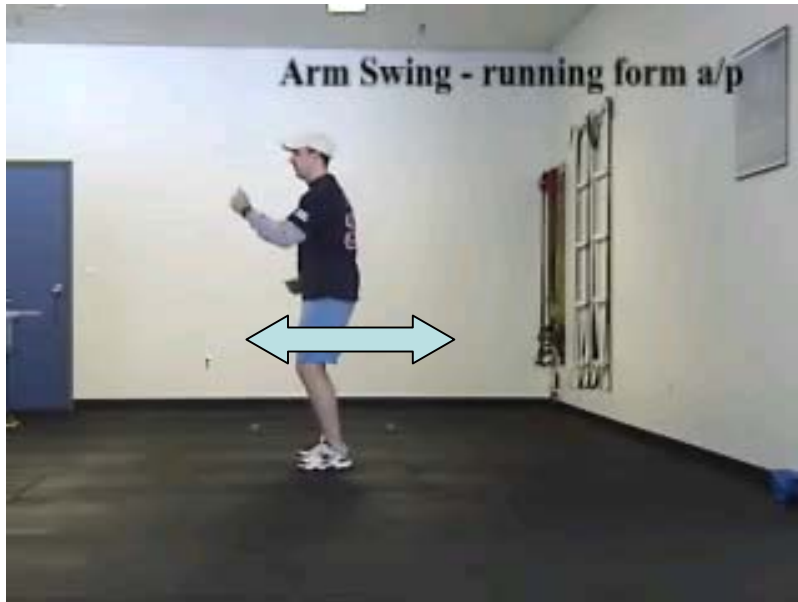
- Slow jog
- 30' x 2

# Dynamic Warm Up



- Walk on toes
- 30' x 2
- Works on ankle motion, strengthening the gastrocnemius, and working on balance

# Dynamic Warm Up



- Arm swing
- Works on running form
- Start at slow speed and increase
- Work through shoulder range of motion, maintaining a 90 degree angle at the elbow
- Cues: chin to wallet
- 10-15 seconds

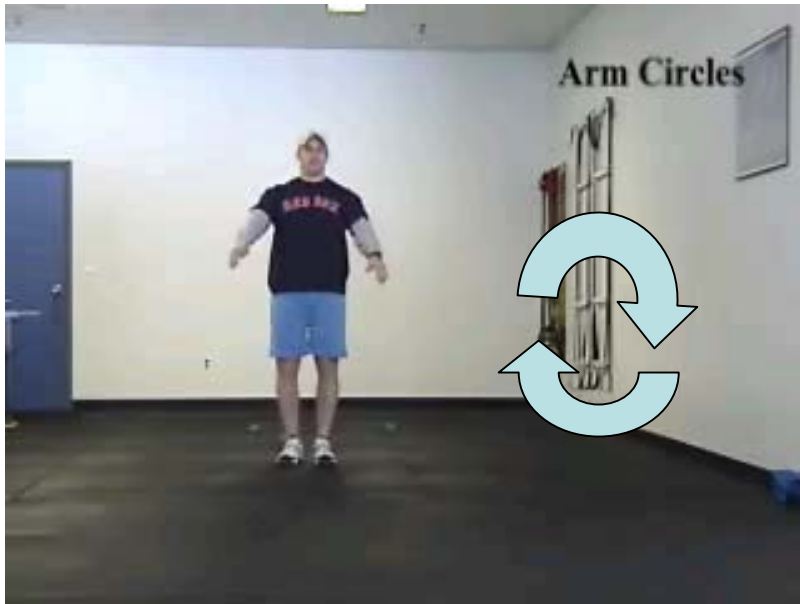
# Dynamic Warm up



- Arm hugs
- Works on shoulder range of motion
- Start at a slow speed then increase
- Slowly increase the range of motion
- 10-15 sec in each direction



# Dynamic Warm Up



- Arm circles(windmills)
- Works on Shoulder range of motion
- Start with small circles and increase the range
- Work in both directions
- 10-15 sec x 2 each direction

# Dynamic Warm Up



- Straight leg kicks
- Hamstrings, hip flexion, core stability
- Stand tall, kick leg up in front
- keep the knee straight and dorsiflex the ankle
- Reach for the toes
- Alternate legs while walking forward
- Avoid slouching forward when reaching for the toes
- Maintain alignment of stance leg
- 30' x 2

# Dynamic Warm Up



- Leg swings
- Can be performed front/back and side
- Hip range of motion
- Hold onto something for support
- Maintain control of the limb
- Avoid excessive forward trunk flexion and lumbar lordosis
- 15 sec

# Dynamic Warm Up



- “Open and close the gait”
- Hip motion, balance
- March leg up in front and then abduct hip
- Keep ankle dorsiflexed
- Leg back to midline
- Step forward and switch extremities
- Avoid excessive trunk lean
- Maintain alignment of stance leg
- 30' x 2

# Dynamic Warm Up



- High knee walk
- Hip flexion, sprinting component
- Walking forward lift the knee as high as possible
- Ankle is dorsiflexed
- Upper extremities, proper running form
- Verbal cue: to step over tall object
- Can incorporate a hug around the leg, just below the knee
- Maintain alignment of stance leg
- 30' x2

# Dynamic Warm Up



- Butt kickers
- Kick leg up so that foot approaches butt while jogging forward
- Hamstrings
- Maintain alignment of stance leg
- 30' x 2

# Dynamic Warm Up

- Hip internal rotation
- Kick feet out to the side, alternating legs
- Hand touches foot
- Avoid excessive trunk rotation
- 30' x 2



# Dynamic Warm Up



- Hip external rotation
- Kick legs across body with a “skipping” type motion
- Hand touches opposite foot
- Avoid excessive trunk rotation
- 30' x 2



# Dynamic Warm Up



- High knee while jogging laterally
- Higher level activity
- Maintain ankle dorsiflexion, upright trunk, and proper running form for arms
- 30' x 2

# Dynamic Warm Up



- Ankle flips
- Up on toes, knees straight, jogging motion
- Push off through the feet while moving forward
- 30' x 2

# Dynamic Warm Up



- Lunge walk
- Moving forward or backward
- Slowly lowering into lunge position
- Maintain upright trunk and lower extremity alignment, thigh parallel with floor, knee should not advance beyond toes
- Can add trunk rotation
- 30' x 2

# Dynamic Warm Up



- Inverted hamstring
- Works on hamstrings, gluts, balance, and core strength
- While moving backwards, reach down towards the floor lift leg back keeping knee and back straight
- 30' x 2

# Dynamic Warm Up



- Back pedal run
- Maintaining good running form
- More advance
- Slightly flexed forward at the hip

# Dynamic Warm Up



- Inch worm
- Works on hamstrings, shoulder, and core strength
- Start in push up position with chest on ground, pike up walking feet up towards hands, keep feet flat on the ground, then walk hands out
- 5 x

# Dynamic Warm Up

- Rapid response
- Tapping feet and pumping arms quickly
- Small excursions
- 10 sec intervals



# Dynamic Warm Up



- Progress rapid response with front, side, back, or diagonal foot taps
- 10 sec intervals





# Dynamic Warm Up

- Add reactive running upon coaches cue

