DYNAMIC WARM-UP GUIDE



ALPINE SKIING

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.**

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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
- Side-to-Side Bouncing

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 Leg Swings
- Forward Lunges
- Hip Circles
- Lateral Leg Swings
- Torso Twists
- Windmill Toe Touches

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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.



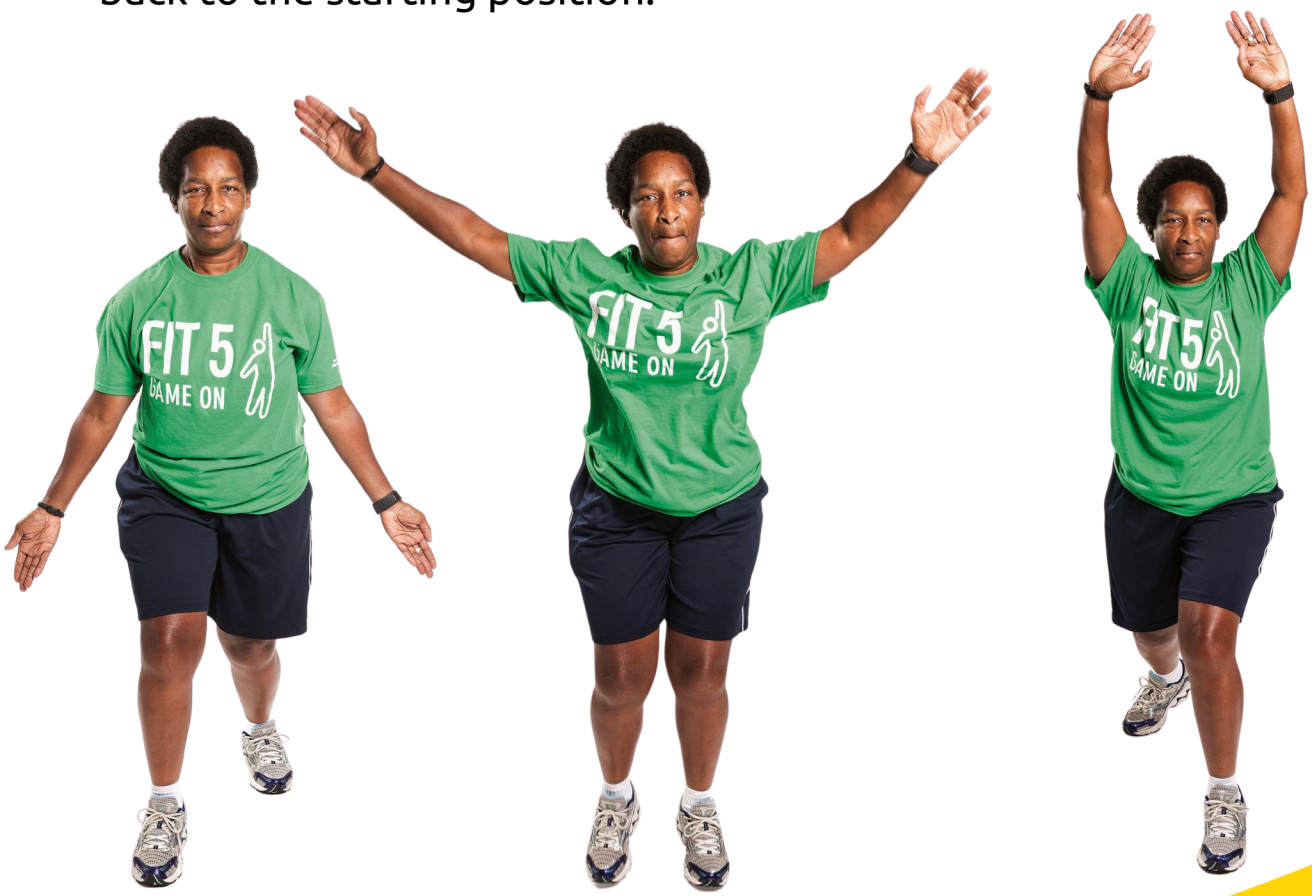
Featuring Special Olympics athlete, Novie Craven

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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.



Featuring Special Olympics Chief Inspiration Officer, Loretta Claiborne

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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.

Featuring Special Olympics athlete, Tom Merz

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Jog in Place



DIRECTIONS

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

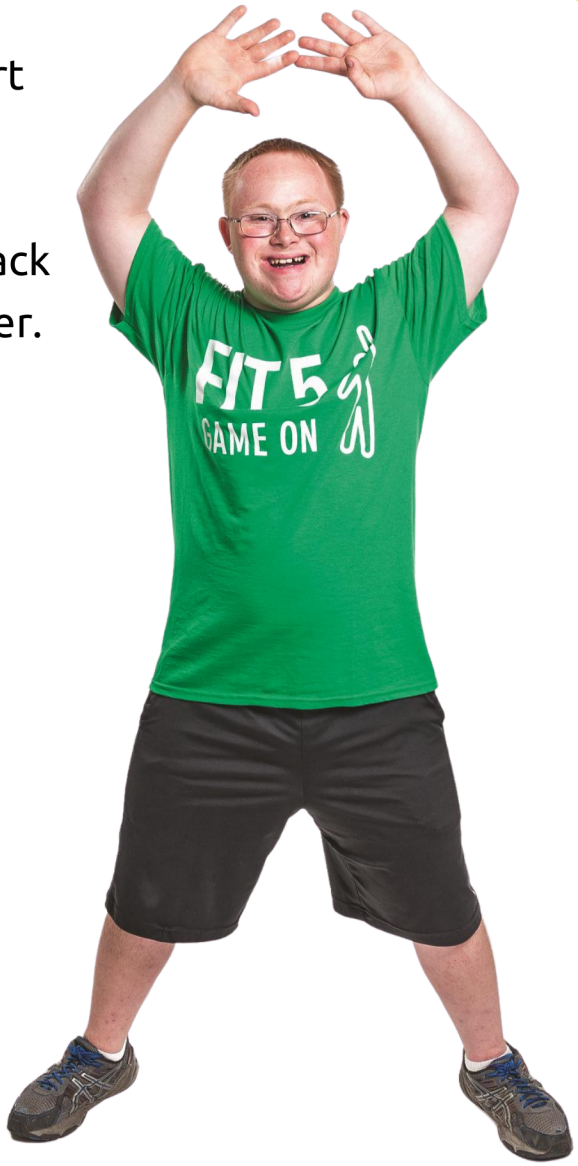
Featuring Special Olympics athlete, Alicia Gogue

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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.



Featuring Special Olympics athlete, Matthew Whiteside

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Side-to-Side Bouncing

DIRECTIONS

- Start by standing on your right foot with your right knee bent.
- Leap as far as you can to your left starting with your left leg. Land on your left foot with your knee slightly bent.
- Make sure that you are balanced. Now leap as far as you can to your right starting with your right leg. Land on your right foot with your knee slightly bent.
- Continue going from side to side.



Featuring Special Olympics athlete, Matthew Whiteside

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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.



Featuring Special Olympics athlete, Jayla Neal

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Arm Swings

DIRECTIONS

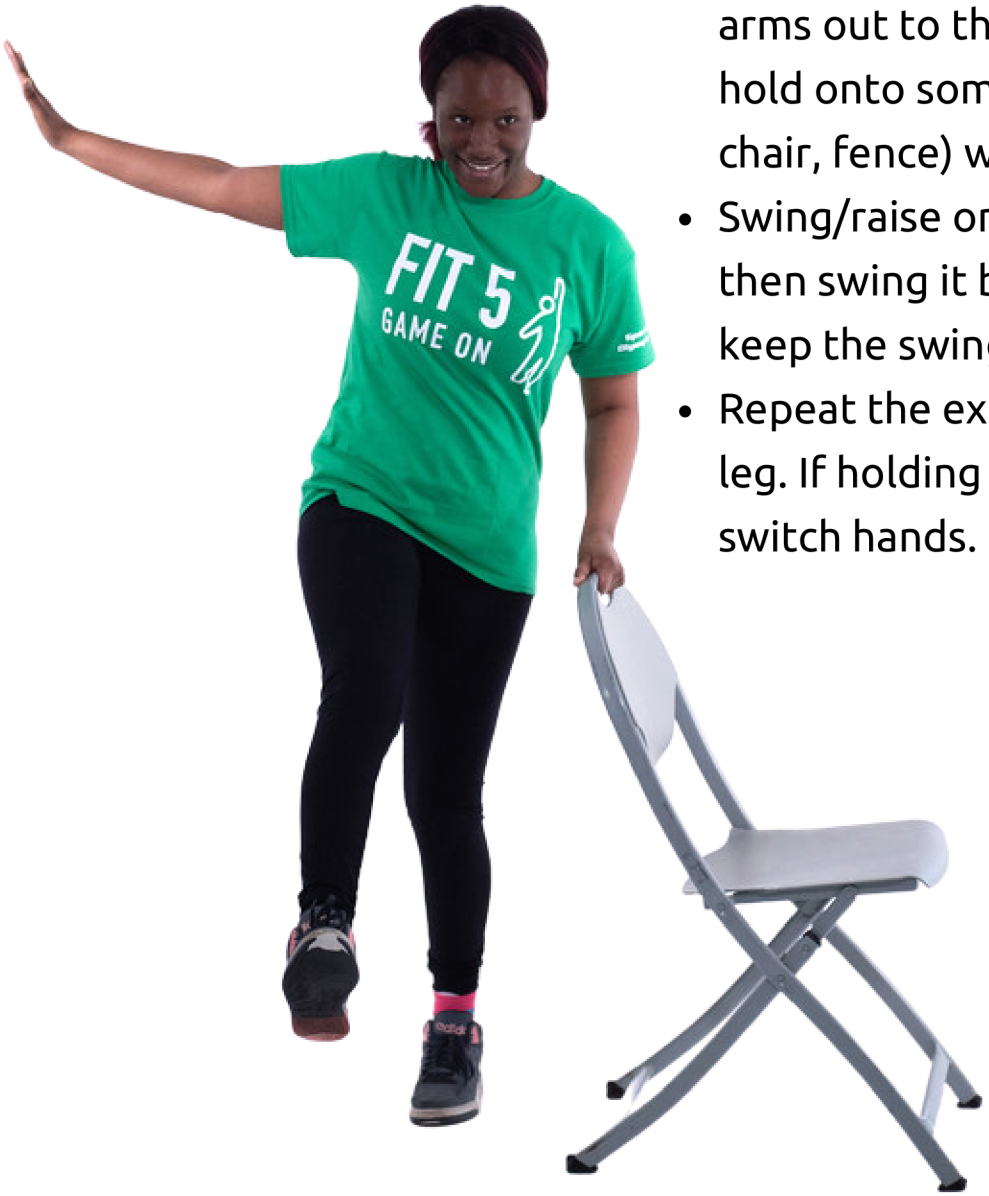
- Start in a standing position with your feet apart and stretch your arms out to the sides making a “T” shape.
- Cross your arms in the front of the body and reach as far back as possible to touch your shoulders or back.
- Uncross your arms and return to your starting position.



Featuring Special Olympics athlete, David Godoy

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Forward Leg Swings



DIRECTIONS

- Start in a standing position with your arms out to the sides for balance, or hold onto something stable (e.g., wall, chair, fence) with one hand.
- Swing/raise one leg out in front and then swing it back behind you. Try to keep the swinging leg straight.
- Repeat the exercises with the other leg. If holding on for balance, then switch hands.

Featuring Special Olympics athlete, Jayna Neal

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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.





Featuring Special Olympics athlete, Jimmy Tadlock

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Hip Circles

DIRECTIONS

- Start in a standing position with your feet apart and knees slightly bent.
- Place your hands on your hips.
- Slowly rotate your hips, making big circles in one direction. Do not move your feet.
- Repeat the exercise in the other direction.



Featuring Special Olympics athlete, Chris Dooley

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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.

Featuring Special Olympics athlete, Garrett Barnes

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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.

Featuring Special Olympics athlete, Jayna Neal

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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.



Featuring Special Olympics athlete, Alonzo Johnson

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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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