

# DYNAMIC WARM-UP GUIDE



## BADMINTON

**Special  
Olympics**





# Special Olympics **Health**

MADE  
POSSIBLE BY **Golisano** FOUNDATION

This resource was supported by cooperative agreement #NU27DD001156 from the U.S. Centers for Disease Control and Prevention (CDC). Its contents are the responsibility of Special Olympics and do not necessarily represent the view of CDC.

# 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
- Jog in Place
- 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
- Toe Walks
- 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.



# Jog in Place



## DIRECTIONS

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

# 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.





# 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.



# 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

- 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.



# 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.



# 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