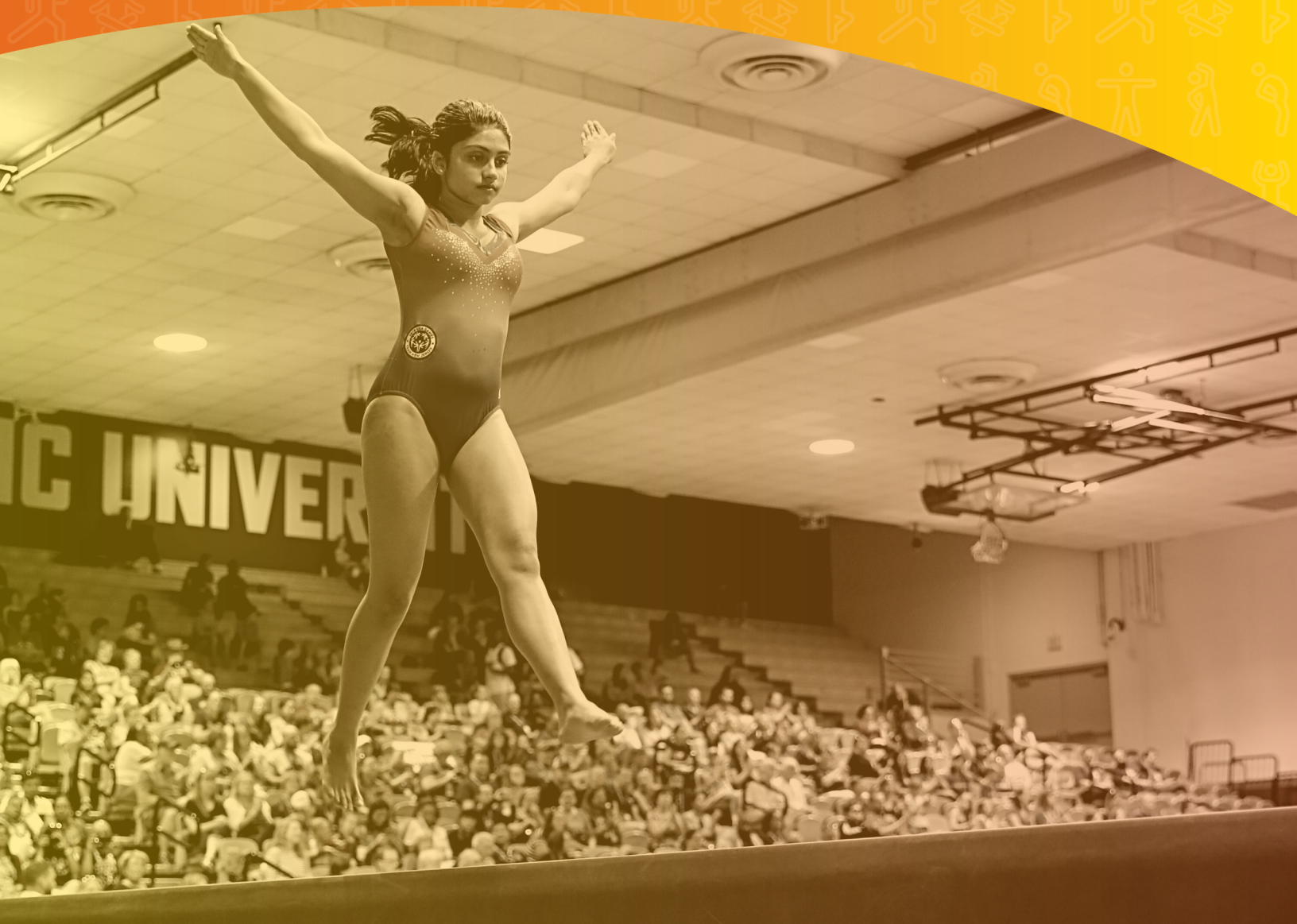


# DYNAMIC WARM-UP GUIDE



## GYMNASTICS

***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.**

# 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
- Jumping Jacks
- Light Jog

## 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
- Hip Circles
- Power Skips
- Toe Walks
- Torso Twists
- Walking High Knees
- Walking Lunges
- Wrist Rotations





# 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.



# 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.



# 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.



# 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.





# Light Jog



## DIRECTIONS

- Lightly jog around your training area.
- Make sure you are also swinging your arms the whole time.

# 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

- Start in a standing position.
- Shift your weight back onto your heels.
- Lift your toes off the ground.
- Stay on your heels and walk forward for 15 - 20 steps.



# 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.



# Power Skips

## DIRECTIONS

- Stand with your feet hip width apart.
- Lift your right knee and spring up off your left foot, hopping into the air.
- Switch sides. Lift your left knee and spring up off your right foot, hopping into the air.
- Continue in a “skipping” motion and swing arms back to front.



# 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.



# 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.





# Walking High Kicks



## DIRECTIONS

- With a tall posture and straight back, walk forward and kick one leg out in front as high as you can.
- Keep arms out to your sides or in front, whichever is better to keep your balance.
- Switch sides and kick the other leg in front of you.
- Continue to alternate legs as you 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.



# 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

