

DYNAMIC WARM-UP GUIDE



KAYAKING

***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
- Jog in Place
- Jumping Jacks
- Quick Punches

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 Lunges
- Hip Circles
- Torso Twists
- Walking Leg Sweeps
- 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.



Jog in Place



DIRECTIONS

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



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.



Quick Punches

DIRECTIONS

- Put both your hands in fists by your chest. Keep your elbows down by your side. Stand with your feet a little wider than your shoulders. Bend your knees slightly.
- Turn toward your left side. Punch your right arm in that direction.
- Return to the center with both hands in fists by your chest and elbows down by your side.
- Now, turn toward your right side. Punch your left arm in that direction.



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.



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.



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.



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 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