

# Dynamic Warm-Up

**Following Cardio, Gently Putting Joint's Through Their Full Range of Motion (ROM) Continuing To Increasing Core Temperature & Slowly Stretching Muscles Around the Joints For Increased Biomechanical Efficiency While Still Preserving Strength & Power In The Muscles For Activity/Competition.**

Neck Joint	10x	<b>Neck Rolls:</b>	Side, Front, Side & Back * Not all the way around to prevent injury of vertebrae
Shoulder Joints	30 sec	<b>"Crazy Arms" :</b>	Arm circles forwards, backwards & side-to-side for <u>ALL ANGLES</u> of the joint
Lower Back Joint (Spine)	5x	<b>Trunk Rotations:</b>	Feet slightly wider than shoulder width apart, stable core, lean to one side & slowly lower torso towards ground, bring back up to lean towards the opposite side & REVERSE * Not all the way around to prevent injury of vertebrae
Knee Joints	10 x/leg	<b>Quad Stretches:</b>	Using hand, lift same foot towards the MIDDLE of your butt & release * Alternate Legs
Lower Back & Hip Joints	10 x/leg	<b>The Scorpion:</b>	Laying on your stomach with arms out in a cross position, lift foot up to curl & touch opposite hand * Alternate Legs
Hip Joints	10 x/leg	<b>The Windmill:</b>	Rolling to lay on your back with arms out in cross position, lift foot & swing it one foot off the ground to touch the opposite hand * Alternate Legs
Ankle Joints	10 x/foot	<b>Calf Pushups:</b>	In push-up position, place your heels on the ground & walk your hands back until you feel tension in the calf muscles. Placing one foot on top of the other, raise up onto the ball of the foot contacting the ground & release to touch heel back to the ground * Alternate feet
Hip Joints	10 x/leg	<b>Up &amp; Back Leg Swings:</b>	Facing sideways to wall/partner with stable core, swing closest leg forwards & backwards for height
Hip Joints	10 x/leg	<b>Side-To-Side Leg Swings:</b>	Facing wall/partner with a stable core, swing leg side-to-side, turning hips as you swing the leg for height