DYNAMIC WARM-UP GUIDE

BOCCE

Special Olympics
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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

After you complete the aerobic activity, you will want to dynamic stretch. Stretching for flexibility is very effective in the cool-down.

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 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
- Jog in Place
- Jumping Jacks

High Knees

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
- Torso Twists
- 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.

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
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.

Featuring Special Olympics athlete, Matthew Whiteside
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.
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.
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.
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.
**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