DYNAMIC WARM-UP GUIDE

BOWLING

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
- Fast Feet
- Forward Jacks
- Jumping Jacks

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 Leg Swings
- Forward Lunges
- Lateral Leg Swings
- Wrist Rotations
**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.
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.

Featuring Special Olympics athlete, Joe Wu
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.
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.

Featuring Special Olympics athlete, Jayla Neal
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 Leg Swings

DIRECTIONS

- Start in a standing position with your arms out to the sides for balance, or hold onto something stable (e.g., wall, chair, fence) with one hand.
- Swing/raise one leg out in front and then swing it back behind you. Try to keep the swinging leg straight.
- Repeat the exercises with the other leg. If holding on for balance, then switch hands.
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.
Lateral Leg Swings

DIRECTIONS

- Start in a standing position and hold onto something stable (e.g., wall, chair, fence) lightly with both hands.
- Swing/raise one leg out to the side with your foot flexed and then swing that same leg across your body in front of the standing leg.
- Repeat the exercises with the other leg.
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