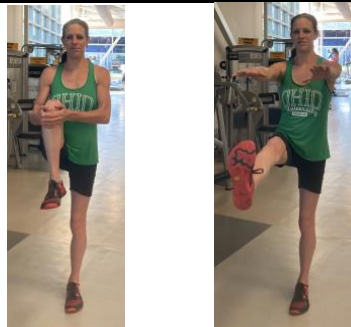





Dynamic Warmup

Goals of Dynamic Warmup: <ul style="list-style-type: none"> • Increase core body temperature • Prepare muscles, joints, connective tissues for exercise 	When to Perform a Warmup: <ul style="list-style-type: none"> • Prior to intense or vigorous exercise • If you have been sedentary for a while (1-2 hours) and are preparing for an exercise session 	How Long to Warmup: <ul style="list-style-type: none"> • 5-10 minutes is usually good • If you are preparing for very intense exercise or quick movements- maybe 15-30 minutes
Warmup Exercise	How to Perform	Picture of Exercise
Walking knee hugs And Walking Straight Leg Kicks	Knee Hugs With each walking step, pull your knee towards your chest Straight Leg Kicks With each step, kick your leg up in front of you keeping your knee/leg straight	
Walking March And Traveling Skipping	Marches Lift your knee up toward your chest and try to get your hip, knee, and ankle all at a 90-degree bend at the top of the step Skips Start skipping in place, then start moving in a forward direction and keep your skipping pattern with your feet and arms	
Low Scoops	Take a big step forward and sweep both arms forward and down towards the ground like you are scooping something up with your hands	
Side Shuffle And Carioca (or grapevine)	Side Shuffle Take steps to the side, trying to do quick steps but not let your heels come too close together Carioca Taking steps to the side, first swing a leg in front of you and then behind you, alternating these steps as you go	

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