



### Importance of a Dynamic Warm Up

- Provides an active stretch to muscles/joints through the range of motion required for sports.
- Increases core body temperature and blood flow to sport-specific muscles.
- Prepares the body for the dynamic actions and reactions of sport.
- Helps decrease the rate of injuries.

### Dynamic Warm Up:

Before beginning the Dynamic Warm-up break a light sweat and get your heart rate up by jogging lightly for 5-7 minutes. Each of the dynamic exercises below should be performed over a distance of 15-20 yards (half a basketball court).

1. **Lunge:** Step forward with you left leg into a lunge position (ankles, knees, hips, and shoulders facing forward, chest up tall). Place your right elbow towards the outer part of your left knee as you lunge down. **TECHNIQUE** is most critical. Keep the ankles, knees, hips and shoulders facing forward and careful not to let the knee/shin go in front or past toes.
2. **Butt Kicks:** Kick your heels towards your buns. It is important to keep your knees down and keep the thigh perpendicular to the ground.
3. **Frankenstein March:** Keeping your left leg straight, keep it up in front of you as high as you can, trying to touch the fingertips of the opposite arm. Think of marching with a straight leg, this is great for increasing hamstring flexibility. Careful not to slump in your back, keep it as tall as you can. Repeat with other leg.
4. **Walking InchWorm:** **Begin** in push up position. Keeping knees straight walk feet toward hands, until stretch is felt. Then walk hands out until push up position.
5. **High Knees:** Basic running straight ahead while bringing your knees up to at least hip height quickly. Keep shoulders, hips, knees and ankles facing forward, stay on toes.
6. **Side Shuffle:** Assume an athletic position with your feet slightly wider than your shoulders, ankles, knees, and hips facing the same direction with your knees slightly bent and up on your toes. Pushing off your right leg, slowly step laterally to the left with your left leg then repeat and return facing the same direction. Make sure your feet don't touch or cross, and that your knees/ankles do not roll inward.
7. **Back Pedal:** Run backwards maintaining a slight forward lean (shoulders over toes). With each step backward, reach the leg back as far as you can to help stretch the front of the hip and warm up the back of the hip (sprinting muscles). Keep your ankles and knees in line with each other; don't let the ankles swing to the outside.
8. **Carioca:** Moving laterally, swivel hips so your right leg crosses in front of the left. Step to the side with left leg so feet our shoulder width apart. Cross right leg behind left leg. Repeat sequence quickly. At the end of 15-20 yards switch direction and lead with opposite leg.
9. **Squat Jumps:** Both hands touch floor inside of ankles -> jump up with reaching arms up overhead, done well can train the hip flexion to go deeper to allow for glutes to contract in a full stretch. Repeat 5 times.

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