



Why do a Dynamic warm up?

A dynamic warm up moves the muscles through their range of motion i.e. preparing the muscles for the intended work out or race.

- It promotes blood flow, therefore oxygen to the required muscles
- It 'excites' the muscles rather than relaxes them which can help to improve performance. (Whereas static stretching relaxes a muscle and can reduce performance and possibly increase risk of an injury)
- This is more than just a warm up as it stretches, strengthens and helps with balance whilst keeping your heart rate raised throughout

Start with a 3-5 min jog to raise pulse.

Set up – Tall upright posture, feet hip width, knees off lock, shoulders open, chest out, arms relaxed by side with relaxed breathing throughout.

It is very important to keep the muscles of the core drawn in at ALL times by pulling in belly button to 1/3 of max contraction. If you know how to activate pelvic floor muscles then do this too at 1/3 of max contraction. This will also help protect the muscles of the lower back and strengthen the core muscles.

Important: Do not perform this if you have a knee, hip or lower back injury. Any doubt, contact your G.P.

Perform 10-15 reps of each exercise

Adapt as necessary for training or a pre-event/ race. E.g. For pre-Run Race you may prefer to mainly work on the legs? Or add lunges, jump squats to increase intensity of warm up. For a challenging total body conditioning work out on its own, over time build reps up to 25-30 each resulting in approx. 30 min workout.



1 / Lateral Arm Swings

Raise arms from side to overhead position so hands into clap position, arms stretched high and straight and bring back down



2 / Straight Arm Extensions

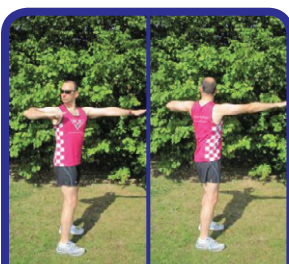
Raise one arm in straight position above and slightly behind head, whilst other straightened arm goes in opposite downward direction. Controlled Swinging motion.



3 / Shoulder Circles

Arms stretched out parallel to the ground, initiating the circular motion from the shoulder joint. Circles start small and increase in size.





4 / William Tell

Similar to pulling on a bow and arrow, start with arms outstretched in front of body, take one arm back by bending at elbow continuing until elbow is drawn back, with eyes following your elbow. Other arm remains straightened in front, lengthening through stretching both shoulder blades. Controlled motion.



5 / Lateral Spine Flexion

Flex the spine sideways by gently running hand down towards knee whilst the other hand draws up toward the arm pit. Remain upright without leaning forward or backwards.



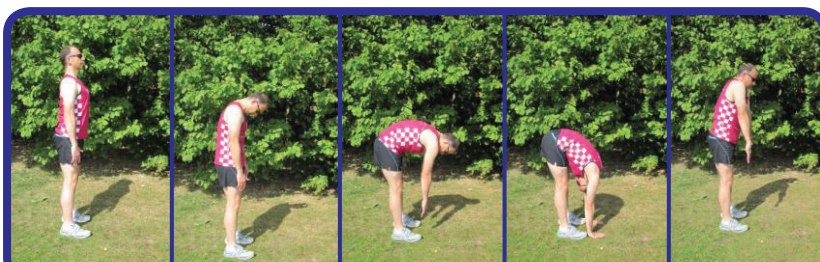
6 / Spine Rotation

Hold arms out at shoulder height as if carrying a tray of drinks. Whilst keeping hips facing front on, rotate through the spine, with eyes following elbow to left rotation right through opposite direction, in a controlled motion.



7 / Rainbow Stretch

Take straightened arm palm up in wide arc from shoulder height up and over head stretching all muscles of the side of torso. As one arm returns, do the same with other arm.



8 / Roll Down (See comments re. Core on opposite side)

Head and neck roll forward, arms hanging loosely, continue articulating through upper, mid and lower spine taking hands down shins towards floor and on floor if possible. Breathe in and return slowly straightening by moving pelvis forward, draw shoulders up to the ears and shoulder blades fall in soft v-shape.



9 / Squat & Bow Stretch

Keeping heels on floor, start to bend knees, sticking bottom out and squat so thighs are parallel to floor. Keep knee above feet without flaring knees open. Having arms outstretched and looking straight ahead enables the back to stay in straight diagonal line. Straighten up and take arms up in straight line above head, pushing through pelvis, creating a 'bow' shape. Return to Squat.

“Your muscles and joints should now be warmed up and stretched appropriately ready for the main training session or race. Good Luck”

Steve CuvIELLO

Tel: 07590 009893 Email: steve@cuviellopersonalfitness.co.uk Website: www.cuviellopersonalfitness.co.uk

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Steve CuvIELLO is a member of the Register of Exercise Professionals UK

