

Warm-Up Exercises



Warm-ups help prepare the body for exercise, prevent injuries, and increase flexibility.

Set your pace and intentions for your workout during your warm-up. With dynamic stretches, gradually increase your level of intensity during the warmup. Dynamic stretches warm up your body while moving.

As partners, pick 5 different exercises from the list included to warm up your whole body (arms, legs, back, core).

Find descriptions and examples of warm-up exercise options in this section (pages 15-23).

Arm Circles



Description: While walking, complete 10-15 arm circles forward and then backward.

Instructions

1. Start with both arms out to your side at shoulder height.
2. Slowly form small circles forward and get bigger each time.
3. Switch directions.
4. Slowly form small circles backward and get bigger each time.
5. Complete 10-15 arm circles in each direction.

Tips & Modifications

- Perform 1 arm at a time.
- Slower arm circles prevent injuries.
- Be mindful of your range of motion (how far a particular joint can move).



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Arm Scissors



Description: While walking, complete 10-15 arm scissors.

Instructions

1. Start with both arms out to your side at shoulder height, forming a T with your body
2. Slowly bring arms straight out in front, crossing one arm over top of the other.
3. Bring arms back to starting position and repeat, switching the arm that crosses over the top.
4. Complete 10-15 arm scissors.

Tips & Modifications

- Allowing arms to go a little behind your back at the starting point can help warm up your back as well.
- You should perform this exercise slowly and with control.



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Shoulder Rotations



Description: While walking, complete 10-15 shoulder rotations forward and then backward.

Instructions

1. Start with arms resting down by your side.
2. Slowly bring shoulders up towards your ears and rotate them in the forward direction. Repeat movement 10-15 times.
3. Slowly bring shoulders up towards your ears and rotate them in the backward direction. Repeat movement 10-15 times.

Tips & Modifications

- You should perform this exercise slowly and with control.



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Trunk Twist



Description: While walking, complete 10-15 trunk twists. Begin right to left and repeat.

Instructions

1. Bend elbows into a 90 degree angle bringing your arms up to your sides.
2. Slowly twist your trunk and upper body towards the right.
3. Slowly twist your trunk and upper body towards the left.
4. Repeat 10-15 times to each side.

Tips & Modifications

- You should perform this exercise slowly and with control.
- Make sure to only twist your upper body, leaving your lower body facing forward.



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Walking Lunges



Description: Complete 10 walking lunges, and repeat 3 times.

Instructions

1. Start with hands on your hips.
2. Lift your left foot up and take a large step forward.
3. Bend your right knee down towards the ground
4. Push off your left foot and bring your feet together to stand.
5. Repeat on the opposite side.
6. Continue in a forward motion until you have completed 10 lunges on each side, repeat 3 times.

Tips & Modifications

- Balance is key, make sure you maintain balance while lunging.
- Keep your back knee off the ground when lunging.
- Take smaller steps if you are having trouble maintaining balance.
- Keep your chest up during lunges, do not lean forward.
- If balance is an issue, perform this exercise stationary and use your partner or the wall for support.



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Walking Knee Pulls



Description: While walking, complete 10-15 knee pulls. Repeat 3 times.

Instructions

1. Start standing with feet together and arms by your side.
2. Plant your left foot and lift your right knee towards your chest.
3. Grab your right shin with your hands and pull toward your body.
4. Step down and out with your right foot, then repeat with the left side.
5. Continue in a forward motion until you have completed 10-15 pulls, repeat 3 times.

Tips & Modifications

- Make sure you are grabbing your shin and not your knee when pulling up towards your body.
- Be mindful of your range of motion and flexibility, do not over stretch.
- If balance is an issue, perform this exercise stationary. Use your partner or the wall for support.



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High Knees



Description: Stand in place and perform 20 seconds of high knees, lifting and alternating each leg. Repeat 3 times.

Instructions

1. Start standing with your feet together and arms by your side.
2. Lift one knee up as high as you can, then switch knees at a quick pace. There should be a slight hop when switching feet.
3. Pump arms in a running motion (opposite arm & knee) during high knees.
4. Continue for 20 seconds, and repeat 3 times.

Tips & Modifications

- Try to get your heart rate up by doing this warm up fast.
- If you are having trouble, slow the pace down.



Click here or scan the QR Code below to watch video instructions!



Glute Kicks



Description: Stand in place and perform 20 seconds of glute kicks, bending knees and alternating each leg. Repeat 3 times.

Instructions

1. Start standing with your feet together and arms at a 90 degree angle by your side.
2. Keep knees together and bend one knee back towards your glutes.
3. Hop and switch sides, bringing the opposite knee back and foot towards your glutes
4. Continue for 20 seconds, and repeat 3 times.

Tips & Modifications

- Try to get your heart rate up by doing this warm up fast.
- If you are having trouble, slow the pace down.



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