

Warm-Up Techniques

Light Cardio

Jogging, brisk walking, or cycling (5–10 minutes)

Light cardio refers to low-intensity **cardiovascular exercise** that gets your heart rate without being too intense or exhausting. It includes activities like **jogging, brisk walking, cycling, or swimming** at a moderate pace.

Benefits of light cardio:

- Improves **heart health** and blood circulation.
- Helps with **weight management** and calorie burning.
- Great for **warming up** before more intense workouts.
- Enhances **endurance and overall fitness** without excessive strain.



up

Dynamic Stretches

Leg swings, arm circles, torso twists

Dynamic stretches are movements that help prepare your body for exercise by **increasing blood flow, warming up muscles, and improving flexibility**. Unlike static stretches, which involve holding a position, dynamic stretches involve **continuous movement** to activate muscles and joints.

Some examples:

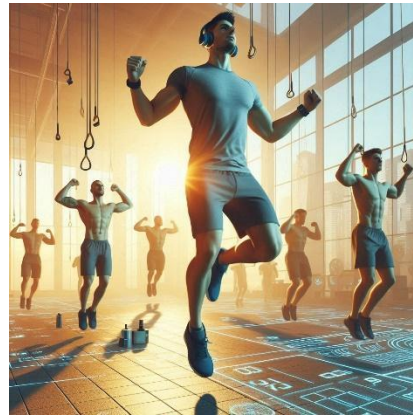
- **Leg swings** – loosen up the hips and legs.
- **Arm circles** – warm up the shoulders and improve mobility.
- **Torso twists** – activate the core and improve spinal flexibility.



Jumping Jacks

Full-body movement to raise heart rate

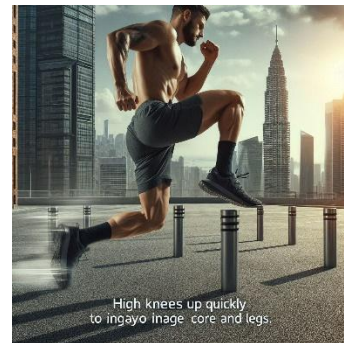
Jumping jacks are a simple yet effective full-body exercise that increases heart rate and promotes cardiovascular fitness. They involve jumping while spreading the legs and raising the arms, then returning to the starting position. This movement enhances endurance, burns calories, and improves coordination.



High Knees

Drive knees up quickly to engage core and legs .

High knees is a cardio exercise that involves **rapidly lifting your knees** toward your chest while jogging in place. It helps engage the **core, legs, and cardiovascular system**, making it great for warm-ups intense workouts.



or

Benefits of high knees:

- Boosts **heart rate** and improves endurance.
- Strengthens **core muscles, hip flexors, and leg muscles**.
- Enhances **speed and coordination**, making it popular in athletic training.

Butt Kicks

Heels to glutes to warm up hamstrings

Butt kicks are a dynamic warm-up exercise where you **kick your heels up toward your glutes** while jogging in place. This movement helps activate the **hamstrings, glutes, and calves**, making it a great way to prep for running or other workouts.



Benefits of Butt Kicks:

✓ **Warms up the hamstrings** and prevents injury. ✓ **Improves speed and agility**, often used in sprint training. ✓ **Boosts cardiovascular endurance**, making it a great cardio exercise.

Lunges with Torso Twist

Opens hips and activates core muscles.

Lunges with a torso twist is a dynamic exercise that combines a lunge movement with a twisting motion of the torso. It helps to open up the hips, activate core muscles, and improve mobility.

Here's how it works:

Step forward into a lunge position, keeping your knees at a 90-degree angle.

While in the lunge, twist your torso toward the side of your front leg.

Return to the center and push back to standing.

Repeat with the other leg.

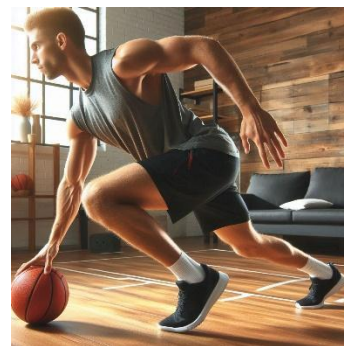
This exercise is great for warm-ups, flexibility, and core strength.



Side Shuffles

Prepares for lateral movement and agility.

Movement: In sports or dance, to shuffle means to slide your feet without lifting them fully. For example, "side shuffles" involve quick, sideways steps.



Skipping or Rope Jumping

Enhances coordination and rhythm



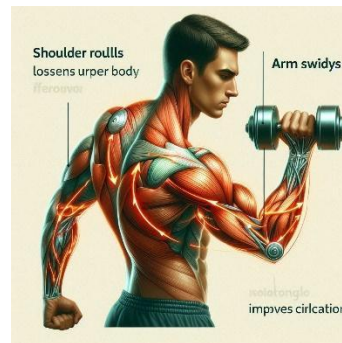
Skipping and rope jumping both refer to the same activity—using a rope to jump over it repeatedly. It's a great exercise for cardio, coordination, and agility.

Shoulder Rolls & Arm Swings

Loosens upper body and improves circulation

🎬 **Shoulder Rolls:** Slowly roll your shoulders **and backward** to reduce stiffness and increase flexibility.

🎬 **Arm Swings:** Swing your arms **forward and backward** or **side to side** to activate the shoulder improve blood flow.



forward
joints and

Sport-Specific Drills

Mimic the movements of the activity you're about to do .

The goal is to **prepare the muscles, joints, and coordination** needed for the specific demands of that sport.

