WARM-UP ROUTINE

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The first stage of exercise should always be warming up. The overall purpose of warming up is to prepare your body for exercise. During the warm-up stage, heart rate and blood flow to muscles increase. Joints and tendons are also prepared during warm-up by becoming more elastic. This increased elasticity can decrease the likelihood of injuries. A typical warm-up takes 5-10 minutes to complete. The exercises below are to be done slowly and completed for the specified number of repetitions or allotted time.

WARM-UP (for Beginner and Advanced workouts)

5-10 MINUTES OF WALKING OR LIGHT JOGGING

FOLLOWED BY

HEAD ROTATION

- Stand with legs straight, feet shoulder width apart, arms held loosely by your sides
- Rotate your head clockwise 10 times then counterclockwise 10 times

ARM ROTATION

- Stand with legs straight, feet shoulder width apart, arms held loosely by your sides
- Extend arms out
- Rotate your arms forward 10 times then backward 10 times
SHOULDER ROTATION

- Stand with legs straight, feet shoulder width apart, arms held loosely by your sides
- Simultaneously rotate both shoulders forward 10 times then backward 10 times

QUAD STRETCH

- Bend one leg raising heel toward your buttocks and hold the raised foot with the same side hand (if needed, hold on to a secure object or have one hand raised out to the side for balance). Hold for 10-15 seconds.
- Slowly pull your heel to your buttock while gradually pushing your hips forward
- Keep both knees together having a slight bend in the supporting leg

ANKLE ROTATION

- Lift one foot off the ground enough to rotate your foot (if needed, hold on to a secure object or have one hand raised out to the side for balance)
- Rotate your foot clockwise 10 times then counterclockwise 10 times, repeat with the other foot
TOE TOUCH

- Stand with legs slightly bent, feet shoulder width apart, arms held straight by your sides
- Slowly move your hands in front of you attempting to touch your toes as you slowly bend at the waist reaching your hands as far as they can go
- Only bend down until you feel slight tension in your hamstrings (back of your legs)
- Hold for 10-15 seconds

WINDMILL

- Stand with legs slightly bent, feet just wider than shoulder width apart, arms held straight by your sides
- Widen stance to just beyond shoulder width
- Bend your upper body forward 90° as you raise both arms straight out to the sides
- Keeping your arms straight, twist your torso as you move your left hand toward your right foot trying to touch your right foot (or as far as you can reach)
- Your feet should remain stationary
- Return to the starting position and twist your torso as you move your right hand toward your left foot trying to touch your right foot (or as far as you can reach)
- Do each side 10 times each hand

REFERENCES


This workout was created by Adam Dodd, graduate student intern, MTSU, March 2014