

WHY PERFORM A DYNAMIC WARM UP?

A dynamic warm up prepares your body for activity. It can help:

1. Improve muscle activation to prepare for movement.
2. Warm up the muscles, joints and ligaments.
3. Reduce the risk of injury.

DYNAMIC WARM UP EXERCISES

GETTING STARTED



1 Make sure you are wearing loose clothes and no object is in the way for you to hit.

2 Start slowly and gradually build up into each of the exercises.

3 Make sure you don't bounce too much or over stretch. If it hurts - stop!

START



FINISH



START



FINISH



START



FINISH



START



FINISH



1 Neck Roll

Gently roll your neck from one side to the other.

2 Reach and Twist

Start in prayer position, reach to the sky and turn your palms to face away from each other.

3 Shoulder Rolls

With your hands behind your back roll your shoulders forward and back.

4 Bow and Arrow

Start with your hands out in front, keep your waist pointing forward and pull back as if using a bow and arrow. Alternate sides.

START



FINISH



START



FINISH



START



FINISH



START



FINISH



5 Shoulder Reach

Start with your hands closed and facing up. Reach out in front and turn the backs of your hands to face each other.

6 Turn and Reach

Turn your head away from the arm you're going to move. Then reach out horizontally to the floor, extend your wrist and turn your head to the

7 Hoolahoop

Rotate your hips around in a circle motion as if using a hoolahoop.

8 Squat

Legs shoulder width apart, slowly build up into a squat.

We create Onsite Health Hubs to help you target ALL areas of health and injury risk.

JOIN US ON THE
JOURNEY TO PROACTIVE
WORKPLACE HEALTH

