

Movement Methods: Warm it Up

Regardless of your age, fitness level or goals, a proper warmup is key to having an effective and safe workout. While all warmups will vary from person to person, the underlying theme is that a warmup should increase blood flow, loosen muscles, and prepare both the body and brain for activity. This guide will give you the basics of a good warmup, while pointing out some of the movements to avoid.

Dynamic Warmups are popular because they get the muscles, tendons, ligaments and joints working in unison. Pick movements that mimic the activity you are about to perform. For example, footwork drills before playing soccer, bodyweight squats before weighted squats, or form drills before running. Dynamic warmup routines have been shown to improve athletic performance and neuro-response in athletes.

Below is an example of a dynamic warmup that can be executed in 5-10 minutes. You may substitute movements that are more appropriate for your goals, fitness level, and activity of choice.

2-3 minutes of jump rope

10-20 push ups

50 jumping jacks

10 hip extensions

10 side leg swings (each leg)

5 lunges (each leg)

10 forward leg swings (each leg)

20 body weight squats 5 hip rotations each leg (like you're stepping over a fence)



Static Stretching should be avoided pre-workout. Research has shown static stretches may actually hinder athletic performance. Although you should choose dynamic stretches and movements before exercise, static is okay after you finish. Regular stretching may increase flexibility, improve range of motion, and reduce the risk of injury. Hold the stretch for a 10 count, release, and repeat 2-3 times. Don't 'bounce' during the stretch.

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