Dynamic Warm-Up

**Medical Benefits:**
1) Increased blood flow transports oxygen to help repair the muscles and nutrients to give energy to the muscles
2) Warms up muscles – a by-product of muscular contraction is heat. Passive stretching does not create heat
3) Activates production of synovial fluid through repetitive movement
4) Stretches muscles using ACTIVE stretching, not PASSIVE stretching. Active Stretching employs the body’s own muscles to stretch. Passive stretching uses objects like walls, other body parts, the ground, etc. to stretch muscles into potentially dangerous positions that can cause injury.
5) Increased strengthening because the body’s own muscles must move the joint through its range of motion
6) Balancing exercises build stabilizing muscles that aid in injury prevention.

**Moves:**

1) **Hip Flexion:**
   a. **Cue:** Ensure that stabilizing knee is straight and your trunk is not leaning back
   b. **Warms up:** hip flexor in lifting leg
   c. **Actively Stretches:** Glutes
   d. **Benefit:** builds stability in standing leg (pole climbing)

2) **Hip Flexion with Knee Extension:**
   a. **Cue:** Ensure that stabilizing knee is straight and your trunk is not leaning back
   b. **Warms up:** Quadriceps
   c. **Actively Stretches:** Hamstrings
   d. **Benefit:** increases range of motion in the knee

3) **Hip Extension:**
   a. **Cue:** Ensure that stabilizing knee is straight and your trunk is not leaning forward
   b. **Warms up:** Glutes
   c. **Actively Stretches:** Hip Flexors
   d. **Benefit:** Works glute and hamstring/stretches hip flexor

4) **Hip Extension with Knee Flexion:**
   a. **Cue:** Ensure that stabilizing knee is straight and your trunk is not leaning forward and keep your knee back behind your stabilizing leg
   b. **Warms up:** Hamstrings
   c. **Actively Stretches:** Quadriceps
   d. **Benefit:** Works glute and lower hamstring/stretches hip flexor and quad

5) **Hip Abduction:**
   a. **Cue:** Move the leg out slowly, pause before coming back in to center; do not lean body to side
   b. **Warms up:** Outside part of the hip (Gluteus Medius, TFL)
   c. **Actively Stretches:** Inside part of both thighs
   d. **Benefit:** Excellent for working stability in the opposite hip

6) **Hip Flexion with Internal/External Hip Rotation:**
   a. **Cue:** Ensure that stabilizing knee is straight and your trunk is not leaning back
   b. **Warms up:** Hip rotators
   c. **Actively Stretches:** Hip rotators
d. **Benefit**: Works small rotator muscles in hips that provide stability and mobility to hip movements

7) **Rows**:
   a. **Cue**: Keep elbows against the side of the body and pinch your shoulder blades back together
   b. **Warms up**: Upper Back muscles
   c. **Actively Stretches**: Chest
   d. **Benefit**: Helps create symmetry in the shoulder

8) **Shoulder External Rotation**:
   a. **Cue**: Keep elbows against the side of the body while rotating out to the side
   b. **Warms up**: External rotator cuff muscles
   c. **Actively Stretches**: Internal rotator cuff muscles
   d. **Benefit**: Helps protect the rotator cuff, an area frequently injured by the type of work you do

9) **Horizontal Abduction**:
   a. **Cue**: Slowly move arms back behind chest
   b. **Warms up**: Upper back and shoulder muscles
   c. **Actively Stretches**: Chest
   d. **Benefit**: Helps create symmetry within the shoulder

10) **Overhead Press**:
    a. **Cue**: Slowly push arms up above head and keep palms flat to the ceiling/sky
    b. **Warms up**: Shoulder muscles
    c. **Actively Stretches**: Flanks and forearm extensors
    d. **Benefit**: Provides relief to soreness in forearms and wrists

11) **Shoulder/Elbow Extension with Wrist Extension**:
    a. **Cue**: Slowly move into a row position, then extend your elbows and extend your wrists
    b. **Warms up**: Upper back, triceps and forearm extensors
    c. **Actively Stretches**: Front part of shoulders, biceps and wrist flexors
    d. **Benefit**: Helps create symmetry in shoulders, arms and wrists

12) **Trunk Rotation**:
    a. **Cue**: Slowly rotate trunk to one side; do not move quickly; come back to center on 8 and slowly rotate the other direction
    b. **Warms up**: Oblique and transverse abdominus on the movement side
    c. **Actively Stretches**: Oblique and transverse abdominus on the opposite side
    d. **Benefit**: Prepares discs and muscles in back for work-specific movements

13) **Trunk Lateral Flexion**:
    a. **Cue**: Slowly bend trunk to one side; do not move quickly; come back to center on 8 and slowly bend the other direction
    b. **Warms up**: Oblique on movement side
    c. **Actively Stretches**: Oblique on opposite side
    d. **Benefit**: Prepares discs and muscles in back for work-specific movements

14) **Neck Rotation**:
    a. **Cue**: Keeping chin parallel to the ground; slowly rotate to one side; come back to center on 8 and slowly rotate the other direction
    b. **Warms up**: Muscles on the movement side
    c. **Actively Stretches**: Muscles on the opposite side
d. **Benefit:** prepares discs and muscles for work-specific movements

15) **Neck Lateral Flexion:** Works muscles on the movement side/ Stretches muscles on opposite side
   a. **Cue:** Keep facing straight forward while bringing your ear to the shoulder
   b. **Warms up:** muscles on the movement side
   c. **Actively Stretches:** muscles on the opposite side
   d. **Benefit:** prepares discs and muscles for work-specific movements

16) **Chin Tucks:** Relieves pressure on discs in neck
   a. **Cue:** Keep your chin parallel to the ground and move your chin in towards your body
   b. **Warms up:** muscles on the front and side of your neck
   c. **Actively Stretches:** back side of your neck
   d. **Benefit:** helps lengthen the back of the neck which is often in a shortened position

17) **Calf Raises:**
   a. **Cue:** Slowly raise up on your toes and rock back on your heels
   b. **Warms up:** Calves and Shins
   c. **Actively Stretches:** Calves and Shins
   d. **Benefit:** Helps increase circulation of “old” blood back to the heart