

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

PPC TRAINING TIPS – Dynamic Warm-Ups
Cory Barsness, CSCS

Dynamic warm-ups are ideal for preparation to exercise. These flexibility exercises increase your muscle temperature and can improve your body's range of motion. Also, performing dynamic stretches as opposed to static stretching (holding stretches for 10+ seconds) is more functional to sports or movements in daily life. Incorporate some of these exercises in your warm up and experience the increased results in your workouts and in your flexibility. All of these dynamic stretches should be performed while walking about 20-30 yards.



Arm Circles



Knee Tuck



Arm Swings



Inchworms

(Walk feet b/w hands, keeping legs straight)



Lunge with Twists



Leg Swing



Lunge with Palms down



Knee of imaginary hurdle



Side Lunge