



pathperformance

# Warming Up & Stretching for Physical Activity

The benefits of warming up and stretching are numerous. They include everything from increased range of motion and enhanced workout effects to injury prevention and rehabilitation. Research has shown that a dynamic warm-up improves strength and flexibility, which can carry over to better performance. Warming up (low intensity movement progressing gradually to warm-up muscles) is critical before beginning exercise.

## Dynamic Warm-Up:

A dynamic warm-up prepares your body for the demands of exercise by increasing core body temperature, and increasing blood flow to the muscles you use. Perform these warm-up exercises while moving to prepare you for walking, running, cycling or any lower body dominate prolonged activity.

### Lunge Walk



### Lateral Lunge



### Soldier Walk



### Walking Knee to Chest





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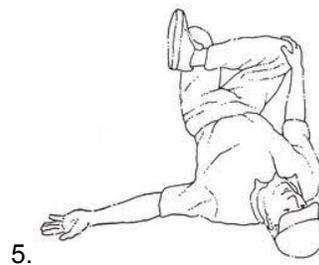
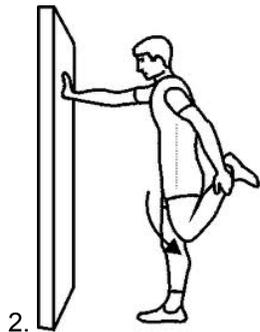
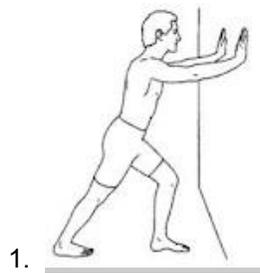
## Post-exercise stretching:

### Guidelines for static stretching:

1. Ensure your body is warmed up
2. Stretch after your workout
3. Slowly move into and out of the stretch
4. Hold the stretch for 15-30 seconds – no bouncing
5. Stretch to the point of feeling stretch not pain
6. Make sure to breath continuously

### Stretches:

1. Calf stretch - standing: straight leg; bent knee
2. Front Thigh/Quad standing: avoid knee hyper flexion
3. Hamstring standing: hip alignment; foot flexion & extension
4. Low back: knees to chest – double knee
5. Outside hip: figure 4
6. IT: prone cross over
7. Groin: V sit; bottom of feet together
8. Bottom of foot - Plantar stretch



Learn more about stretching: Active Isolated Stretching: The Mattes Method by Aaron L. Mattes