

A dynamic warm-up is one component of a healthy physical activity routine that can help prepare the body for activity. Some benefits that you can gain are:

- Reduced muscle tension
- Improved circulation
- Improved mental alertness
- Reduced anxiety, stress, and fatigue
- Improved coordination; freer and easier movement

Try this series of exercises next time you need a break at work...

Upper Body Warm-up: For each set of exercises, start in position “A” and move through each position (B, C, etc.). End by returning to position “A” to complete 1 repetition. Repeat 10 times for each exercise:



1A



1B



1C



2A



2B

Core Warm-up: For each of the following exercises, start in position “3A”, move into position “3B”, return to “3A” and repeat on other side. Repeat 10 times on each side. Continue the same sequence with “3C”, “3D”, and “3E”, using “3A” as the starting position for each.

Lower Body Warm-up: For each set of exercises, start in position “A” and move to position B. End by returning to position “A” to complete 1 repetition. Repeat 10 times on each side; repeat on opposite side of the body.



3A



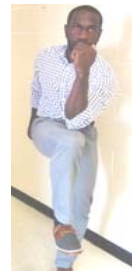
3B



3C



3D



3E



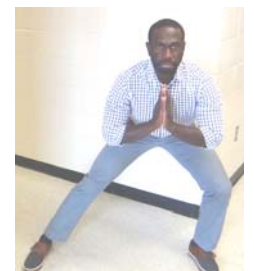
4A



4B



5A



5B

Dynamic Movement Warm-up: These exercises require some space to move and will be done in combination with walking. For each set of exercises, take a step and then move into position “B”. Return to starting position “A” and take a step with the opposite foot and move into Position “B”. Repeat 10 times on each side.



6A



6B



7A



7B



8A



8B