

Dynamic Stretching

Prepares the body for dynamic activity; conditions the joints, ligaments, tendons and muscles;
reduces the chance of injury due to rapid motion.

Our general order of exercise:

1. Deep breathing (continue deep breathing throughout the following)
2. Neck flexing and twisting
3. Shoulder rolling
4. Arm swinging
5. Elbow flexion
6. Wrist stretching
7. Back arching
8. Ankle rotations
9. Back twists
10. Kicking from ground (self defense)
11. Back rolling
12. Knee circles and flexing
13. Hip circles
14. Knee lifts
15. Waist twist
16. Tipping to side
17. Bending forward and arching back
18. Shoulder stretching
19. Kicking stretches

Most actions should have 8-12 repetitions. Start easy with each exercise and gradually increase the range of motion so that by the last couple reps you are at full range. The motions should ultimately be to the full range with a gentle push (no pain).

The general order of dynamic stretching and warm-up is not critical. What is important is that you work every major joint and muscle group while gradually increasing your respiration and heart rate. Be especially mindful of your spine, from the hips to the top of the neck.

By the end you should be breathing deeply, beginning to perspire and be ready for dynamic activity, whether that be some sport or your main exercise.

Also be mindful of pain during warm-up. This probably indicates a weakened area in your body with which you need to be gentle. It could also indicate an injury that needs medical attention. General stiffness and pain (not otherwise correlated) can indicate that your body is fighting off an illness or infection of some kind.