LET'S WARM UP!

Choose exercises from each column, start some music and get moving! Focus on quality over speed. Add or modify these exercises based on the needs of your group. Warm ups that include aerobic, agility, strength and balance exercises are proven to prevent injuries. A great warm up gets your body ready for activity, and helps your muscles to have better control when doing different movements.

**AEROBIC**
- 1-2 laps around the space
- **FORWARD RUN**
- **SKIPPING**
- **KNEE LIFTS**
- **HEEL KICKS**
- **SIDeways SHUFFLES**
- **FORWARDS RUNNING WITH DASH START TWO STEPS**
- **SPEED RUNS**

**AGILITY**
- Start with 30 seconds & progress to 1 minute
- **ZIG ZAG RUNNING**
- **DOUBLE/SINGLE LEG SQUAT JUMPS**
- **ON THE SPOT**
- **FORWARDS & BACKWARDS**
- **SIDE TO SIDE**
- **SKATE JUMPS**

**STRENGTH**
- Hold for 20-30 seconds & progress to repeating 3 times
- **PLANK ON ELBOWS**
- **ON HANDS**
- **SIDE PLANK ON ELBOWS**
- **ON HANDS**
- **NORDIC HAMSTRING** Repeat 2 times and progress to 3 repetitions
- **LUNGEs** Stand on one leg and lunge forward twice

**BALANCE**
- Try to balance for 30 seconds on each leg.
- **SINGLE-LEG BALANCE WITH KNEES BENT**
- **WITH ARM IN FRONT**
- **SINGLE-LEG BALANCE WITH FISTS CLOSED**
- **SINGLE-LEG BALANCE WITH BALANCE HOE**
- **SINGLE-LEG BALANCE WITH ONE SHOULDER**

**REMEMBER TO...**
- Keep your knees above your ankles
- Land lightly on the balls of your feet
- Don't let your heels touch the floor
- Keep your hips facing forward
- Keep your breath steady

*Sources: Universitat de Barcelona, Health Promotion Education Centre, University of Calgary Southern Health, Nutrition School*