

Warm-up Exercises

To be performed before training and competition,
 with 6-10 repetitions of each exercise

1) Joint Rotations

From a standing position with your arms hanging loosely at your sides, flex, extend, and rotate each of the following joints:

- Fingers
- Wrist
- Elbows
- Shoulders
- Neck
- Trunk & Shoulder blades
- Hips
- Knees
- Ankles
- Feet and toes

2) Neck Mobility



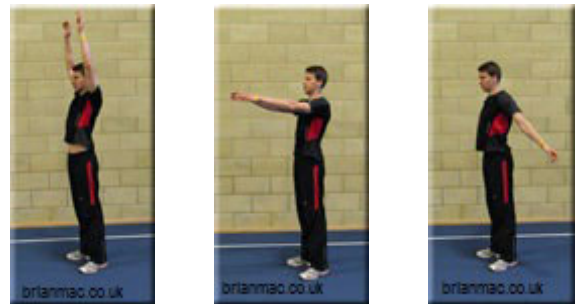
Flexion Lateral Flexion Rotation

3) Shoulder Circles



Raise Back Down

4) Arm Swings



5) Side Bends



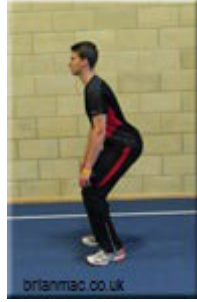
6) Hip circles and twists



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7) Half Squat



11) Ankle Bounce (double leg)



8) Leg Swings (forward & backward)



12) Ankle Bounce (double leg)



9) Leg Swings (Across your body)

As above, but swing your leg in front of your body

10) Lunges

