

What is the Dynamic Warm-Up?

The dynamic warm-up is an instrumental part of any pre-practice or pre-competition routine. The warm-up is a critical part to prepare the body for exercise. It is best to perform this prior to exercise. The entire warm-up should take approximately ten minutes depending upon your ability to perform each exercise.

Here are examples of why everyone should use this before exercise:

- ➔ Gets the heart and lungs ready for physical activity
- ➔ Facilitates proper movement patterns and coordination needed for tennis
- ➔ Increases body temperature, which allows muscles to work more efficiently
- ➔ Stretches muscles actively
- ➔ Activates the brain to communicate with the muscles being used



Backward Lunge with a Twist

The dynamic warm-up has shown to improve flexibility and increase range of motion as well. Several top professionals are using this throughout their daily routine as seen here by this elite athlete. They are finding this warm-up necessary to prepare their body for the rigors of tennis. By regularly incorporating this into your training regimen you will be a step ahead and more prepared to exercise.

Stay tuned for next month's newsletter.