

# Warmup

## Meaning

a part of stretching and preparation for physical exertion or a performance by exercising or practicing gently beforehand, usually undertaken before a performance or practice

## Other Contexts

Psychologists, educators, singers, and similar professionals use warm-ups in therapeutic or learning sessions before starting or after a break

# Stretching

## Ballistic Stretches

Standing Toe touches

Lunge

## Static Stretches

SHOULDER STRETCH

Side Stretch

Sit and Reach

## Dynamic Stretching

Squats

Jumping Jack

## Benefits

Preventing injury

Increasing performance

## Example Routine

How to warm up before an activity

walk quickly.

walk up and down stairs.

do fast side steps.

jog on the spot.

do lunges.

do squats.