Warm-up Basics

# 1 Cardio Moves: Movements that elevate your heart rate.

Examples:

1. Mountain climbers
2. Sprints
3. Air Squats
4. Push-ups

Name other examples:

1. \_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_

#2 Stretching Moves: Movements that lengthen muscles and prepare for workout.

Examples:

1. Straight leg stretch standing
2. Straight leg stretch sitting
3. Crossed arms stretch
4. Butterfly

Name other examples:

1. \_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_

#3 Create your own warm-up. Write your order of moves below and how many counts to do or hold each move. (In a new order than above.)

#4 Show this to Mrs. Tuckett when you turn in your make-up form and this filled out paper.