Dynamic Warm Up

WHAT IS A DYNAMIC WARM UP?
The dynamic warm-up should be performed at the start of every workout, before any exercises are done in order to increase core body temperature, flexibility and mobility. The warm up should not be rushed and proper technique should be maintained. Unlike standard stretching, which typically involves standing still and reaching towards one body part, dynamic stretching uses sports-specific movements to prepare you for an activity. Using a dynamic warm up has been shown to help increase an athlete’s balance, agility and reaction time. This means you’ll be better prepared to succeed on the field and less likely to get injured.

SAMPLE DYNAMIC WARM UP EXERCISES

Walking figure 4 hip stretch
Face forward, and stand on your left leg. Rotate your right hip and bend right knee. Grab the right shin with both hands and pull your leg up towards the ceiling. Hold stretch for 1 second then release right leg, take a step and repeat with left leg.
https://www.youtube.com/watch?v=vwWevRfLOO8

Knee to chest with heel raise
Standing on left leg, grab the right knee and pull towards your chest while performing a left calf raise. Keep head and chest upright. Hold stretch for 1-2 seconds. Step forward and repeat on opposite side. Continue alternating legs as you walk forward.
https://www.youtube.com/watch?v=wpn4GN0fF1k

Walking inchworm
Stand with your feet at hip width. Hinge forward at the waist and touch the floor with your palms. Bend your knees, if necessary. Walk your hands forward until you are supporting all your weight on your hands and toes. Your body should make a straight line and your hands should line up with your shoulders. Hold this position for 10 seconds. Walk your feet forward to meet your hands. Keep your palms on the floor and bend your knees, if necessary. Repeat the inchworm five times or until you get to a wall. Turn around and inchworm back in the opposite direction.
https://www.youtube.com/watch?v=rPuROsJyhlw

Tin soldier
As you begin walking, fully extend right leg with slight angle towards opposite hand and extend opposite arm and touch toes. Then bring leg down in continuous motion and perform with opposite leg. To get a better range of motion, rise onto the ball of the foot of your supporting leg. Also, your kicking leg should have a little crossover so that you can touch your toes with your opposite hand.
https://www.youtube.com/watch?v=jAUZ1yyLkl