

# Warmup Basics

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## Warmup

- Minimum 10 minutes of active warmup
- Focus on active cardio and dynamic stretching
- Dynamic stretching = move in/out of the stretch (max. hold 3-5 seconds) as opposed to holding for increased time

## Where?

- Outdoors
  - Hallway on the way to class
  - Stairs (great for cardio!)
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Holding onto wall/leg swings



Heel walks/Toe walks



Shoulder Circles



Toy Soldiers



ITB Walking



Lunge w/ Rotation

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Scan for Videos!



# Break Basics

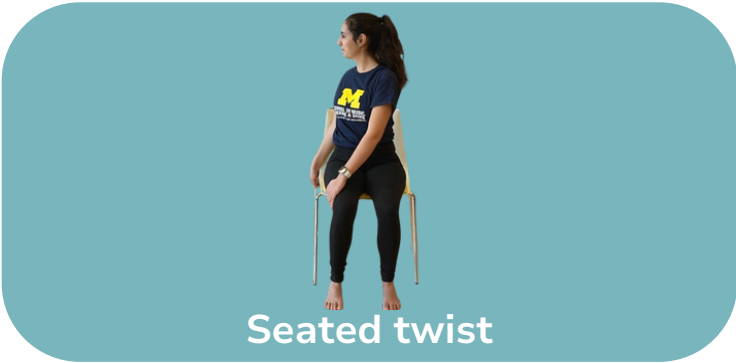
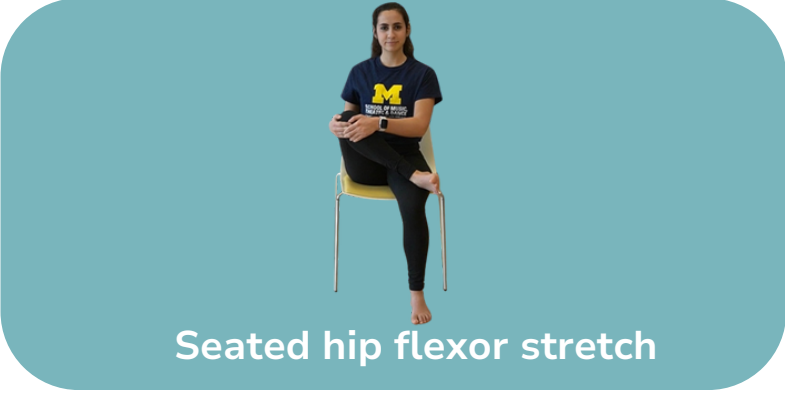
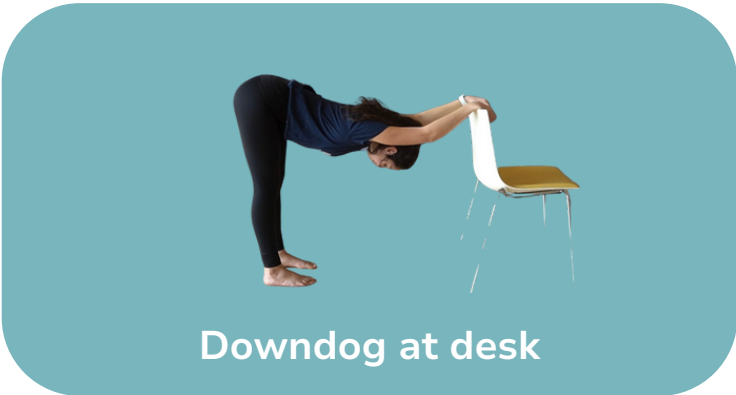
## Take Breaks

Studying for an exam? Writing a paper that is due by midnight?  
Practicing or rehearsing for several hours?

Set a timer to take a break at LEAST once an hour for 5-10 minutes to get your body moving and reduce any tension or pain.

## Where?

- Desk
- Residence hall
- Study lounge
- Practice room/rehearsal space



Scan for Videos!



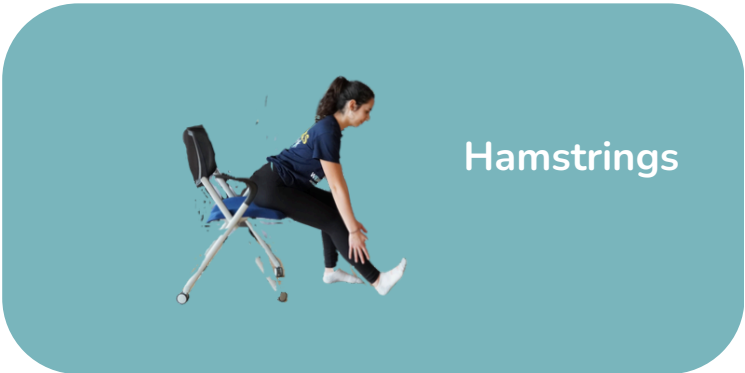
# Cooldown Basics

## Cool down

- Minimum 5 minutes of cooldown
- Focus on static or dynamic stretching
- Static stretching = hold the stretch for at least 15-20 seconds

## Where?

- The class you are going to after your movement activity
- Student lounge or any seating area



Scan for Videos!

