



How to Warm up

In this video you will learn how to warm up before playing badminton.

Warming up is indispensable before any workout as it prepares the body by gradually increasing the heart rate, loosening the joints, and increasing the blood flow to the muscles. A good warm up helps prevent injury.

Start by running three rounds slowly around the court.

Accelerate and run another three rounds.

Do twenty jumping jacks. Start with the feet together and then hop your feet apart and clap your hands above your head simultaneously.

Next do a high knee run back and forth the court. Run tall and light, bouncing off the ground. Make sure you don't lean back.

Follow up with heel flicks. Run back and forth with taking short strides and flicking your hip with your heels.

Next run three steps and rotate one leg outward and the same with the other leg three steps later. Once you reach the end, turn back and rotate the leg inward and repeat the same with the other leg till you get back to the starting position.

Next run and lift one knee and swing the opposite arm up. Alternate the legs and arms and run back and forth.

Follow up with the carioca. Step over across in front with the right leg, step to the side, step across behind with the left leg and step to the side. Remember to rotate the trunk twist the arms as you step across.

Next run three steps and touch the ground with the opposite hand of the front foot. Alternate the hands every three steps.

Run forward and swing your arms forward one by one. On the way, back swing the arms backward.

Next do twenty knees to chest. Jump as high as possible

Finish by rotating your arm forward ten times. Rotate backward ten times as well. Wrist and ankle rotation. Hold your wrist and rotate it clockwise and anti-clockwise 5 times. Next rotate the ankles one by one. You are now ready to hit the court.

Remember that warming down is as important as warming up. You can watch our video on how to warm down after playing badminton.

Enjoy your game!

<https://www.sikana.tv/en/sport/badminton/how-to-warm-up>