



Learn a Dynamic Warm Up

In this video you will discover a complete dynamic warmup session that you can perform standing up, without any special equipment.

We recommend that you perform this routine before jumping into our cardio or muscle strengthening exercises offered in the 'gentle exercise for older adults' programme.

This warm up exercise will allow you to physically prepare your body before placing it under more intense strain.

Stand with your feet apart, the same width as your pelvis

Place your hand on your hips

Lift your right heel off the floor and rotate your ankle in one direction.

1,2,3,4,5

Then in the other direction. 1,2,3,4,5. and relax.

Do the same with your left ankle

1,2,3,4,5

Then in the other direction. 1,2,3,4,5, and relax.

Place your hands on your knees with your legs slightly bent and your back straight.

Bend and then straighten your legs

1,2,3,4,5,6,7,8,9,10, and then return to the neutral position with your hands on your hips.

Tilt your pelvis forwards and then backwards

Push your buttocks forwards and then backwards

Forwards, backwards

forwards, backwards

3,4, and 5 and return to the base position

Rotate your hips in a circle to the right

1,2,3,4,5

Then to the left

1,2,3,4 and 5 and return to the base position

Place your hands on your shoulders. Left your elbows up and to the side of your shoulders

Rotate 5 times forwards

1,2,3,4,5

Then 5 times backwards

1,2,3,4,5 and relax

Return to the base position, hands on your hips

Rotate your head once to the right

Back to base position, and turn your head once to the left

2,3,4,5 and relax

Breathe in while slowly lifting your head and breathe out as you lower it

Breathe in and lift your head, then breath out as you lower it

3,4,5 and back to the base position

Straighten your arms down along your body

Tilt your torso to the left until you are touching your knee with your hand

Then the same to the right

2,3,4 and 5 and back to the neutral position

Straighten your arms out to the side at shoulder height

Tilt your torso to the right to touch your knee with your hand.

Then to the left

2,3,4 and 5. Breathe out and relax with your arms by your sides.

Make sure your feet are still in line with your pelvis.

lift your right heel off the floor and place your right hand on your right knee, with your left hand on your left shoulder

Alternate the position of your hands while lifting your heels off the floor one at a time.

2,3,4,5,6,7,8,9 and 10

Continue to lift your heels one after the other and stretch your arms out in front of you, palms facing up.

Bring your hands to touch your shoulders, then straighten your arms again

1,2,3,4,5,6,7,8,9,10 and leave your arms out in front of you

Keep your leg movements going

Swing your left arm out to the left

Bring both hands to your shoulders at the same time, then straighten your arms, this time inverting their position

2,3,4,5,6,7,8,9,10. breathe out and return to the neutral position, hands on your hips

Lift yourself onto the tips of your toes, then back onto your heels

Toes, heels

2,3,4,5,6,7,8,9,10 and relax your arms to your sides.

Lift your arms out in front of you as you lift yourself onto the tips of your toes. Then let them fall back down as you shift back onto your heels

2,3,4,5,6,7,8,9,10, and begin to lift your arms all the way to the ceiling.

2,3,4,5,6,7,8,9,10, and hold the position, on the tips of your toes and with your arms up towards the ceiling

Step your right foot out sideways

Lower one arm, then the other, staying up on the tips of your toes.

2,3,4,5,6,7,8,9,10 and breathe. Relax with your arms by your sides and bring your feet together.

Place your hands on your hips

Lift up your right knee, then the left

2,3,4,5,6,7,8,9 and 10

Lift your heel up to touch your buttocks, then the other

2,3,4,5,6,7,8,9 and 10

Bring your feet apart and bend your legs, keeping your back straight

2,3,4,5,6,7,8,9,10 and hold the position

Bring one foot to the other and then back to its initial position. Then do the same with the other foot.

2,3,4,5,6,7,8,9,10 and finish with your feet together

Take a step to the right with your right foot and then back to the middle

And the same with your left foot

2,3,4,5,6,7,8,9,10 and finish with your feet together.

Face your palms forwards, fingers pointing upwards at shoulder height

Stretch your arms forwards while lifting up one knee

2,3,4,5,6,7,8,9,10

Keep your hands at shoulder height

Stretch your arms forward while lifting one heel up to your buttocks. Then the other

2,3,4,5,6,7,8,9,10

Keeping your hands at shoulder height, stand with your feet apart, the same width as your pelvis.

Straighten your arms out in front of you while bending your knees and keeping your back straight.

2,3,4,5,6,7,8,9,10

Keep your hands at shoulder height

Straighten your arms and bring one foot to the other. Then take it back to its original position. And reverse.

2,3,4,5,6,7,8,9,10 and finish with your feet together.

Final exercise:

Straighten your arms and take a step to the right with your right foot.. Then, bring it back to the middle. And reverse.

2,3,4,5,6,7,8,9,10 and relax with your feet together

Breathe out and relax your arms to the side of your body

Well done !

The warmup session is complete

You can now pick one of the exercises offered in our programme

Dont forget to stretch at the end of each session... Over to you !

<https://www.sikana.tv/en/sport/50-gym-exercises-for-seniors/dynamic-warm-up>