



I'm not robot



**I am not robot!**

Walking Knee Hugs – yards with yard jog. A dynamic warm-up, which involves stretching with movement, accomplishes all of these tasks. The carioca drill is a cross-stepping movement that propels the body laterally and will help: Improve lateral movement, agility and footwork. Straight Leg Bend – yards DYNAMIC WARM-UP Linear Lunge Lateral This exercise focuses on getting low and then laterally stretching (like in tennis). Perform Repeat The DS are basically active aerobic activities combined with sport-specific whole body movements that have been designed to be an extension of the general WU, under the Dynamic warm-up techniques best mimic the movement patterns of sport, making it a suitable choice for properly acclimating the athlete for play (2,4,5,7,8,10,11,13) dynamic tennis warm up routine is a critical component for all tennis players to perform before all practices, matches, and tournaments. Preparation. Repeat this movement pattern, gradually increasing the speed of the exercise. The following Tennis Warm-up is a spin-off from our Dynamic Golf Warm-up. As! Athletes walk across the court while lunging forward and lifting their arm over their heads to the side. Improve flexibility in the shoulders, chest and upper back. Arms out to the side, level. Hold this position briefly. dynamic warm-up, which involves stretching with movement, accomplishes all of these tasks. Then, open up the arms as wide as possible trying to “hug the world”. Wakes up the nervous system and gets the brain talking with the muscles. High Knees – yard-high knees with yard jog. Perform about hugs, both ways, or do the exercise for about seconds. The more you warm warm up moves the lower the rate if injury. Wakes up the nervous system and gets the brain talking with the muscles. High knee jumps – yard-bounding high knees with yard jog. Simple dynamic warm-up: Movements should be performed laterally across the tennis court minute light jog Trunk rotations – Spidermans High knee skips – forward High knee Ingrains proper movement patterns and the coordination needed in tennis. Its purpose is to properly prepare the upper body and lower body for the constant stopping, starting and the rigors of moving around the tennis court. Circle arms in a circle. Carioca Footwork WU Warm up the body. Standing in one spot, spread the feet and establish a good base of Dynamic Warm-Up. Circles: Warms the joint and muscles. Action. High Knees – yard-high knees with yard jog Tennis & Dynamic & &!! Adam! Freeman! DC! CCSP@!! Carioca Drill – Dynamic Warm Up. The carioca drill is a cross-stepping movement that propels the body laterally and will help: Improve lateral movement, agility and footwork Dynamic Warm Up (Minutes, Every Practice) (Optional) Starter Lap – Once Around the Field. Stand with your feet width apart, toes forward. Get into an athletic stance – knees and hips DYNAMIC WARM-UP ROUTINE EACH OF THESE SHOULD BE DONE FORMETERS, WITH AMETER JOG IN BETWEEN Jog – Double Arm Rotation Forward Jog – Double Arm Rotation Backward Jog – Single Arm Rotation Forward Jog – Single Arm Rotation Backward Jog – Carioca – Right Jog – Carioca – Left Side to Side Right Bring the arms up to shoulder height and hug yourself. Butt Kickers – yard-high knees with yard jog. Lift the arm the side to shoulder height and extend them out to e. The arm that reaches is the same side as the leg that is lunging Side Steps with Arm Crosses – Dynamic Warm Up WUPurpose • Warm up the body Improve flexibility in the shoulders, chest and upper back Exercise Technique Step Action Start at the doubles sideline facing the net. Pre-practice and pre-competition warm-up routines have typically focused on static stretching Dynamic Warm Up (Minutes, Every Practice) (Optional) Starter Lap – Once Around the Field. Step.