



FACT SHEET

Strength and Conditioning



Kayla Snyderman, US Moguls team member, performs an on-snow warm-up before training

Example movements:

Cardio:

Bike Jog/Run
 Jump Rope Jumping Jacks
 Light sports (soccer, basketball, etc.)

Active:

Spiderman Walk Inchworm
 Glute Grab Lateral Lunges
 Lunges Glute Bridge
 Arm Circles Leg Swings
 Sumo Squat Reach & Twist
 Knee Hugs Ankle Grabs

Dynamic:

High Knees Butt Kicks
 Skipping Carioca
 Med ball throws Push-ups
 Trunk Twists Speed Ladder

And remember...

- Perform any static stretching only after fully warm
- In the gym, on the road, or on snow, warm-up is crucial to optimal performance
- Warm-up to train, don't train to warm-up.
- Make the warm-up specific to the activity or requirements that day (e.g. upper body lifting vs. on-hill ski or snowboard).

ACTIVE-DYNAMIC WARM-UP

The preparation for elite competition begins with training: on the ramps, in the gym, on the road, and on the hill. But each training session begins with its own task: active-dynamic warm-up, to prepare your body for the exercise to take place.

Essentially, Active-Dynamic Warm-Up is a signal to your body that you're beginning an exercise bout.

Dynamic warm-up has two main goals:

1. Improved performance
2. Injury prevention

Active-dynamic warm-up accomplishes some very important things:

- Increased breathing and heart rate – delivers more oxygen and nutrients to working muscle
- Increased muscle temperature – warmer muscles are more elastic and produce more force
- Initiate sweating – regulate body temperature for steady performance
- Increased metabolic rate – initiating and increasing aerobic metabolism to provide fuel for exercise
- Exciting the nervous system – "ramping up" your nervous system for maximal response
- Moving muscles and joints – moving through progressively greater ranges of motion to help prevent injury
- Specific mobility exercises – these have the ultimate goal of correcting imbalances or asymmetries to improve range of motion, balance, coordination, and strength, and prevent injury.

What goes into a warm-up?

- **Cardio** = start with light activity to ramp up heart rate, breathing, metabolism, and sweating
- **Active** = deliberate physical activity by the athlete
- **Dynamic** = centered around movement and activity (as opposed to Static stretching)
 - Lower body – hips, knees, ankles
 - Upper body – torso, shoulders, wrist, and neck
 - Core – trunk and hips

Contact: Strength & Conditioning Coaches

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