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Dynamic Warm-Up

To be successful in hiking throughout your lifetime, you need to have adequate range of motion to step up on rocks and walk on even terrain. This means functional range of motion is very important. Most think that stretching is the most important thing to do before activity; however, a proper warm up, and not stretching, has been shown to improve performance. This means that your time is best spent warming up the muscles with a dynamic warm up rather than stretching before hiking.

Here is an example of a dynamic warm up

Find a system that works for you. Typically, I start at the bottom and work my way up. Each of these movements should not be forced. Let your body move relaxed through your normal range and not push it to the end of your range. Perform 10 reps of each.

1. Ankle Circles



2. Hip Swings – forward and back



3. Hip Swings – side to side



4. High Knees



5. Butt Kicks



6. Squats



7. Torso Twists – arms in

8. Torso Twists – arms out



9. Shoulder Circles

