



## **Karma Fitness – Dynamic Agility Warm Up**

*Dynamic warm-ups are movements in a routine prior to an agility run. It will help increase blood circulation, body temperature and breathing rate at a lower intensity to get your body primed for physical exertion. Start your warmup with a quick walk or run to get your heart rate up. Please understand this is a generic warm up. If you feel like a muscle group needs “extra” warming up, spend a bit longer on that stretch/movement. The way you will make a suitable warm up for you is by trialling it. Find out what works for you, then adapt as necessary.*

### **Then:**

Set an area 30ft/10meters to work in. A dynamic warm-up is exercise where you move through a range of motion versus holding a stretch at end range. Try not to hold any static stretches. The dynamic warm-up should take no more than 10 minutes to complete once you become accustomed to the movements.

### **Movement order**

**Walking Quad Stretch:** Grab your ankle and bend your knee so your heel comes towards your buttocks. Keep your torso tight and pelvis in neutral. Remember not to hold the stretch for longer than 1 sec. Video Reference ~ 1:34

**Heel Flicks:** Quickly walk lifting your heel up toward to your buttocks while moving forward. Quick but not hurried. Works to warm up our posterior chain, specifically targeting the hamstring. Video Reference ~ 2:51

**Walking Knee Tuck:** While walking flex your hip to bring your knee up to your chest and carry onward in a walking march. Maintain tall posture. Works to warm up hip flexors, whilst stretching glutes. Video Reference ~ 3:16

**Moving High Knees:** Stand tall and flex your hip to bring your knee up to your chest. Alternate legs. Maintain tall posture, toes up. Arms bend and supporting the forward motion. Video Reference ~ 3:42

**Walking Figure 4 stretch:** While walking forward, raise right foot up and inward toward left waist, rotating the knee outward. Grab the right ankle with your left hand and if tolerated, push the knee downward with the right hand (to increase stretch). Keep upper body straight. Video Reference ~ 4:03

**Hip Swings (Front to Back):** While walking forward swing the leg forward while keeping your knee straight. Keep your body tall. Hamstring warm up and firing the hip flexors. Adding more dynamic movement to the hip now. Bring the leg up to touch the opposite hand if you can. Video Reference ~ 4:35

**Dynamic Lunge Walk:** Step forward with your right leg and bend your knee into a lunge position, stretch with arms up. Repeat with the left leg. Make sure you keep your body tall and do not let the knee on the lunging leg move past your toes. Focus on flexibility. Video Reference ~ 4:52

**Reverse Lunge Walk:** Step backwards, following through with your next backward step. Working balance and coordination. Keep your core straight as you move backward. Video Reference ~ 5:23

**Zombie Stretch Walk:** Walk forward as you bend one knee and extend your other leg forward without a bend. On straightened leg, point toes to your knees, whilst scooping forward with arms in a swinging motion as if to try to touch toes. Alternate legs as you move forward. This movement works to stretch your hamstring behind your knee whilst warming up lower back. Video Reference ~ 5:51

**Heel to Toe Walk:** Warming up feet and calves. Walk forward heel down and roll forward up onto your toes engaging your calf muscles. Video Reference ~ 6:15

**Pogos:** On the tips of your toes, heels off the floor bounce forward contacting the ground with your toes. If you are able, look to maximise the amount of ground contacts, whilst minimising ground contact time. Video Reference ~ 6:40

**Hip Openers:** Opening and Closing the Gate - Start the movement like you are performing a march. Sweep your knee up and then rotate out. Repeat with the other leg. On the return up and inward rotation. Torso upright. Use video for reference. Video Reference ~ 6:57

**Body Weight Squats:** 10 reps. Lower into a squat. Knees track toes, feet flat on floor, torso tight. Lower and raise your body weight from a squat position. Ensure full control through the entire range of motion. Video Reference ~ 7:42

**Lateral Shuffle:** Glute & Knees Start with your knees slightly flexed, feet outside your shoulder stance, get low and side step and then switch directions. Keep your upper body upright. Video Reference ~ 8:12

**Straight Leg Pulls:** In standing position keep legs straight and perform a running motion without bending the knee. Use hamstrings to pull legs back to the floor, and aim to make contact with the floor, under your hip. Once you have the technique, you can then start to move forward. Video Reference ~ 8:52

**Backward Shuffles into Forward Sprint** - 3-5 sets - Shuffle fast steps backwards. Transition into a sprint forward for 30ft/10metres. **1st** - 60% **2nd** - 70% **3rd** - 85%

*The content of this document is written and owned by Karma Fitness and Agility. It is intended to be used as a guideline on good practice for warming up prior to running. But please be aware you are responsible for your own health and practice whilst following it and should always exercise a "safety first" approach. Practice slowly, before adding speed. And even then, only add speed when/if you feel confident doing so.*