

Warming-Up for Your Workout

Why is dynamic stretching important?

- Helps to increase the range of motion in your joints, which helps to reduce the risk of injury.
- Helps you to become mentally prepared for the workout ahead.
- Helps you to be continuously moving which increases blood flow to your muscles to keep them warm.
- Prepares your body for the specific movements you will perform during your workout.
- Your muscles and joints will become looser, allowing for more range of motion to improve power.

How long do I need to warm up?

- Five-ish minutes of walking, jogging, biking, rowing, elliptical, and/or dynamic stretching is great.

Want more information?

Visit studenthealth.uiowa.edu/wellness/fitness if you have specific questions about your training.

1. Knee to Chest



Lower Legs

- Keep back straight
- Try to maintain balance

2. Push-Ups



Arms, Shoulders

- Keep bar secured on rack
- Keep back straight

3. Lunge with a Twist



Lower Legs, Abdominals, Back

- Keep knee behind toes
- Keep torso straight

4. Ankle Grabs



Hips, Legs

- Use a wall for support
- Keep knee parallel to ground

5. Inchworm



Targets the overall body

- Focus on a slow, controlled motion rather than speed
- Avoid locking your knees, it is okay to bend them slightly

Cooling Down After Your Workout

Why is static stretching important?

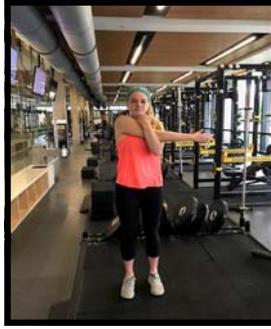
- During your workout you build up lactic acid in your muscles that can lead to soreness and fatigue. Stretching helps reduce fatigue by increasing circulation.
- Stretching after a workout gives your mind a chance to tune into how your body is feeling.
- Stretching helps your muscles recover faster from a tough workout, and prevents future injury.

What is considered a cool-down?

- Five minutes on an elliptical, light jogging, biking, or any of the static stretches. Static stretches should be held for about 12– 15 seconds each.

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Targets: Upper arm, shoulders

- Bring arm straight across the chest
- Use opposite arm to lightly pull the arm the direction your hand is pointing



Targets: Shoulders, arms

- Place your hand on your upper back with elbow bent towards the ceiling
- Use your other hand to pull the elbow towards your head



Targets: Chest

- Lock hands behind the back
- Push chest forward and pull hands back, but do not arch your back



Targets: Upper leg

- Keep knee pointed straight down
- Use a wall for support if needed



Targets: Legs, hips, glutes

- Place hands on the ground for support
- Do not over extend the knee when