

10 Warm Up Exercises

Your body needs to warm up by slowly increasing your heart rate and breathing rate.

In doing so, you are lubricating your joints, which will give you better range of motion and better elasticity in tendons and ligaments.

These 10 simple exercises work as a dynamic warm up for kids of any age or sport.

Do each exercise for 20 to 30 seconds. Repeat as necessary.

<https://www.activekids.com/soccer/articles/10-dynamic-warm-up-exercises-for-youth-athletes/slide-10>