

WARM UP

A warm up begins gently and slowly, gradually building in intensity.

YOUR WARM UP SHOULD INCLUDE

- ➔ Movements that use large muscle groups
- ➔ Moving to increase blood flow
- ➔ Movements to increase the fluid in your joints
- ➔ Slow versions of movements you will later perform quickly
- ➔ Exercises to focus your mind and breath
- ➔ Gentle flowing stretches

You will know you are warmed up when your body feels flexible, energised and ready for dance.



COOL DOWN



At the end of dance class, rehearsal or performance, you should continue moving rather than stopping suddenly, so your body slowly returns to a resting state.

YOUR COOL DOWN CAN INCLUDE

- ➔ Gentle flowing stretches
- ➔ Stretching for flexibility
- ➔ Pedestrian movements like walking, swinging
- ➔ Gentle deep breathing

This information is sourced from the Ausdance National website:
ausdance.org.au/articles/details/warm-up-and-cool-down-rules-for-safe-dance