

# WARM UP

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

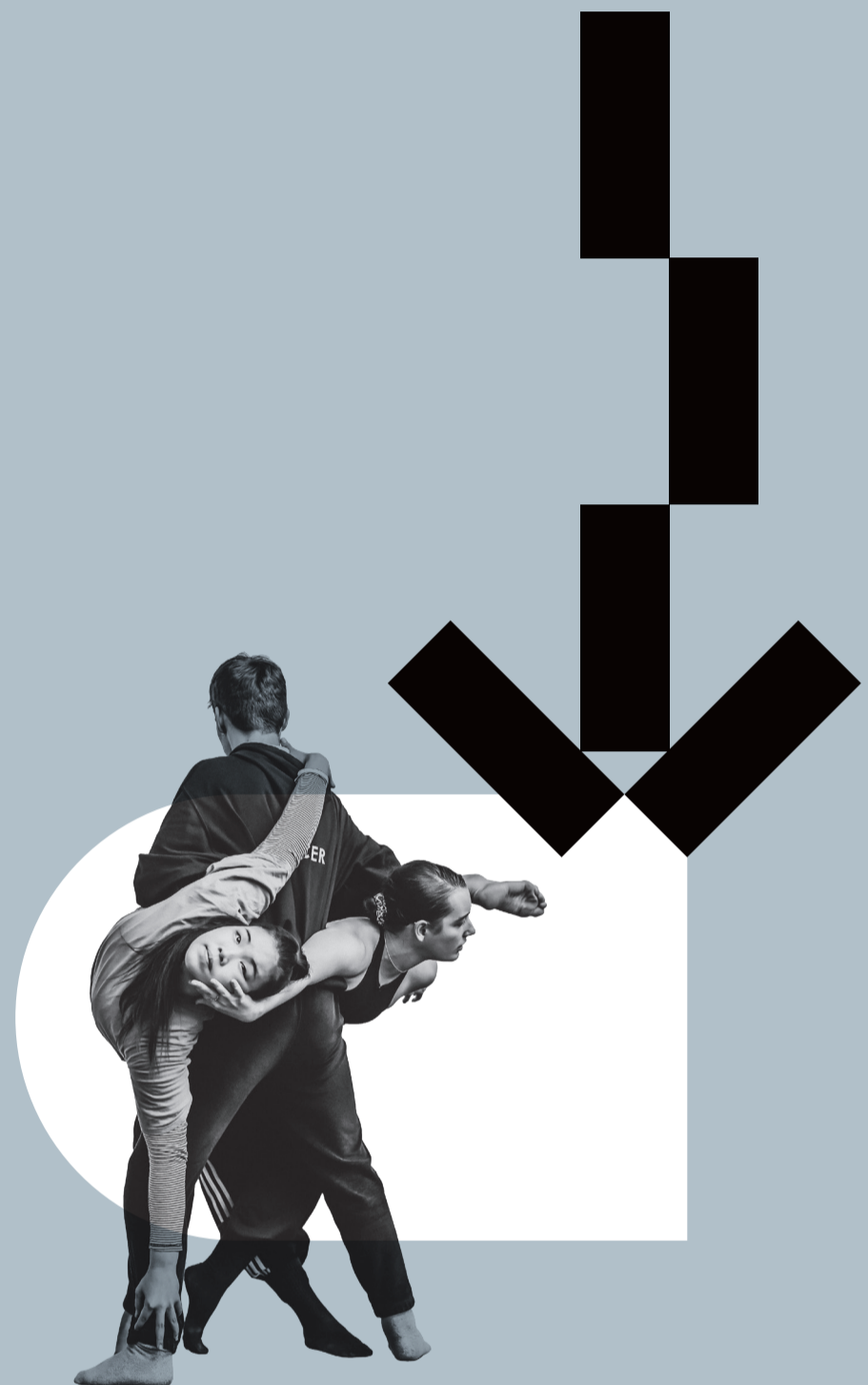
## YOUR WARM UP SHOULD INCLUDE

- ➔ 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](https://ausdance.org.au/articles/details/warm-up-and-cool-down-rules-for-safe-dance)