

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

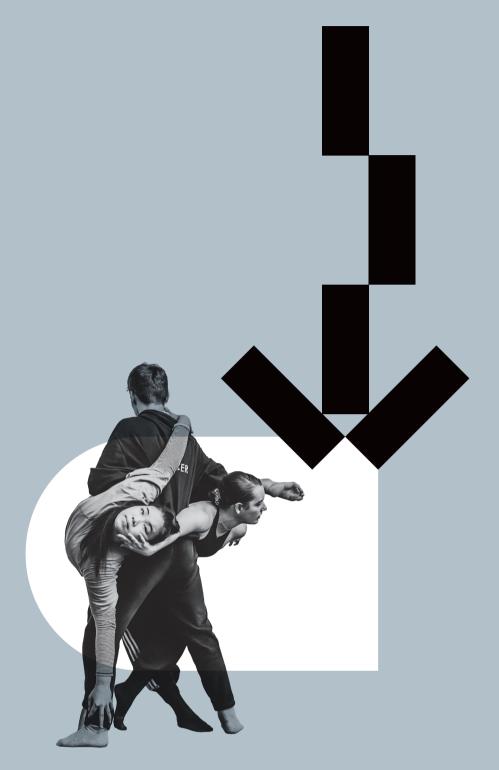
YOUR WARM UP SHOULD INCLUDE

- 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



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- 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

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## aus**dance**

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