

WARM UP FOR ALL ABILITIES

Warm up activities can be inclusive for all athletes

- Use pictures and demonstration to help athletes remember the activity.
- Do the warm up in pairs so partners can assist each other.
- Keep it the same or similar each session. Many athletes benefit from consistency, so they know what to expect.
- Always start with the athlete's ability not their disability.

The following exercises are accessible to most athletes.

- **Wheel, Step or Jog:**
 - Start increasing blood flow to the muscles by wheeling, stepping or jogging on the spot or in a forward motion.
- **Neck Stretch:**
 - Slowly tilt right ear to right shoulder - Hold 5 seconds and then left ear to left shoulder - Hold 5 seconds.
 - Gently bring chin to chest -hold 5 seconds then chin to the sky – hold 5 seconds.
- **Shoulder Circles:**
 - Roll shoulders and arms backwards 10 times. Arms can be either straight or bent at the elbow. Squeeze shoulder blades together at the back.
 - Roll shoulders and arms forward 10 times. Arms can be either straight or bent at the elbow.
- **Wrist and Forearm:**
 - Gently make circles with hands at the wrist forward and backward.
 - Straighten one arm and with the opposite hand bend up the hand at the wrist and hold for 5 seconds, bend down the hand at the wrist and hold for 5 seconds. Repeat with the other arm.
- **Upper Arms:**
 - With arms held forward at 90 degrees (parallel to the ground), punch one hand forward (straighten elbow) and back (bend elbow) while alternating with the other.
 - With arms held up at 90 degrees and out to the side, punch one hand out (straighten at elbow) and in (bend at elbow) while alternating with the other.
 - Hold arms straight above head, bend elbows behind head and straighten elbows again.
- **Torso Twist:**
 - Sit or stand in a steady position. Keep hips in position and turn shoulders and head to face left, hold for 2 seconds then turn shoulders and head to face right, hold 2 seconds. Repeat a number of times.
- **Hamstrings and hip flexors (forward kicks):**
 - In sitting or standing, lift straight leg up in a kicking motion. Repeat 10 times each side.

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• High Knees:

- In sitting, standing or while walking, lift knees high in front of the body.
- To increase intensity;
 - Add arms – swing arms opposite to leg
 - Tap knees with hand or elbow
 - Increase speed

• Hamstrings (Butt Kicks):

- In standing, walking or jogging on the spot, bend knee fully to bring foot to bottom and "kick" your bottom.
- To increase intensity;
 - Add arms – swing arms opposite to leg
 - Increase speed
- In sitting, straighten and bend leg one at a time.

• Quadriceps and Glutes (Reverse Lunges):

- Reverse lunges tend to be more accessible as they are more stable and much better on knees.
- In standing, step backward with one foot and bend your front leg until the knee is about 90 degrees.
 - The back foot should land on the ball of the foot and also bend the knee to about 90 degrees
 - Stand up
 - Repeat 5-10 times on one side and then swap
- In sitting, march legs on the spot, pushing heels into the floor or footrest. Alternatively chair lifts.

• Cardio - Fast Combination:

- To add a cardio component to your warm-up exercises, incorporate a fast combination of arms and/or legs.
- In sitting, you can do repeated chair lifts.
 - Brakes on
 - Hands on top of wheels or arm rests
 - Lift body so arms are straight and bottom is off chair, bend arms to lower without bottom touching chair and repeat
- In standing with support, you can do side steps.
 - Step one leg to the side
 - Step leg back together
 - Step other leg to the other side
 - Step leg back together
- In standing without support, you can do jumping jacks.
 - Legs and arms go out and in with each jump

• Cardio - Build up Sprint:

- Once you are warmed up you can get ready for your first event with a short sprint
- Wheel, walk, jog or run. Start slow and build up pace to around 90% of your max pace.