Warm Up Chart

Body Part	Sample movement	Movement explanation
Arms	Arm circles	Ensure I have at least Im of space on each side of my body. Slowly rotate your arms forward 10 times, followed by 10 rotations backwards. This exercise will help prepare my shoulders for the movement involved with running, throwing and/or overhead activities.

TVO Media Education Group

Warm Up Chart

Body Part	Sample movement	Movement explanation

TVO Media Education Group 2