

# 10 Minute Dynamic Warmup Circuit



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# What Is The Best Way To Warm Up?

Here's the short answer: Before training or competing, the best way to get your body ready is with a **dynamic warmup**.

So, what does that look like?

Before training, practice, or competition, the best way to prepare the body is through a progressive, dynamic warmup circuit that allows the body to actively move through a **full range of motion** for a variety of athletic movements and positions. While some athletes and teams do static stretching (holding stretches in a static position for 30-60 seconds) before practices or games, those stretches are typically best **AFTER** the work is done as part of a cooldown.

## Why Is a Dynamic Warmup Helpful?

The dynamic warmup should serve a few purposes:

1. First, it should provide a **gradual** way to prepare the body for the work it is about to do. Warmups don't have to take very long, but they should **progressively ramp up** the intensity of the movements. A thorough dynamic warmup will move from more basic, ground-based movements to more athletic movements.
2. Second, the warmup should introduce and reinforce the **full range of motion** throughout the body for the athletic motions that will come after the warmup (in training, practice, game, etc.). If you're getting ready to go full speed and maximum effort, your body should have already moved through those ranges of motion and activated the muscles that will support those movements.
3. Third, as the name suggests a good warmup should **elevate the body's temperature**. Ideally, the warmup should increase heart rate, elevate breathing rate, and get the body sweating a bit. If you're not **breathing harder** and **feeling warm**, you haven't pushed your body enough during the warmup and aren't fully prepared for the maximal effort work coming up!

In our training groups, we use a standardized warmup circuit like the one in the next section for most of our sessions. We do this so that our athletes can **easily memorize** a very effective warmup circuit. When they find themselves at a practice, game, competition, showcase, lesson, or just working out on their own, they aren't left wondering what they should do to get their body ready. They've already **rehearsed** a quick, efficient, effective warmup circuit that will get their body ready to go without requiring a lot of space or relying on any special equipment.



## 10 Minute Dynamic Warmup

This is a quick, ten-minute dynamic warmup circuit that you and your team can use before practices, workouts, and games to make sure that athletes are warm and loose before they jump into action. This is also a good, quick option to use when practicing at home or before a lesson.

The Dynamic Warmup Circuit below is a quick circuit that should take around 10 minutes to complete and doesn't require much space or any special equipment. If time and flooring conditions allow, the first several movements are best performed with the shoes off to activate and better develop strength and control in the feet.



## Dynamic Warmup Circuit

### Shoes Off:

Perform each of these for 10-15 yards, then proceed to the next movement on the way back:

- Walk on Toes
- Walk on Heels
- Walk on Outside edge of the feet
- Walk on Inside edge of the feet

Perform the remainder of the movements for 10-15 yards, and then again on the way back:

- **Hugs** - Stay tall, hug the knee to the chest
- **Atlas Lunge** - Big lunge forward, big lean backwards, big reach with both arms over towards the side with the leg up in front
- **A-March** - Tall posture. On each step bring the knee up high, toes pulled up, and use big arm swing. Each step should look like someone took a picture of you sprinting at top speed
- **A-Skip** - Same positions as A-March with high knee drive, but now moving with speed and power, driving force into the ground hard
- **Sideways A-Skip** - Same positions as A-Skip, but moving laterally

### Shoes On:

- **B-Skip** - Tall posture, kick leg out waist height then pull it down quickly so the foot scrapes on the ground below the hips, then hop forward on that foot. Scrape & Hop
- **C-Skip** - Focus on opening the hips. Bring the knee high each time, and when going out to the side, open the hips as much as possible while keeping the upper body facing forward
- **Straight Leg Bounds Fast Feet** - Keeping legs straight, bounce feet off the ground as fast as possible
- **Straight Leg Bounds Long Pulls** - Legs straight, run like Deion Sanders celebrating into the end zone. Swing the leg up high in front and pull as long as possible on each step
- **High Swings to Touch Opposite Hand** - Stay tall, keep legs straight, swing leg and touch the opposite hand

Perform these standing still, 10 reps of each variation:

- **Front Windmills** - Huge circles from the shoulder, swinging arms around to the front
- **Back Windmills** - Huge circles from the shoulder, swinging arms around to the back
- **In & Out Arm Swings** - Turn palms up to the sky when swinging out
- **Trunk Rotations** - With arms out to the sides, rotate around the trunk for maximum rotation each direction