



SUMMER CAMP



WARM UP

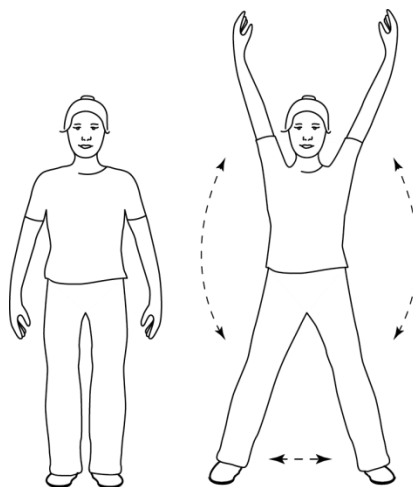
Warm Up

Introduction

Prior to practices and competitions, bowlers should participate in general dynamic warm-up activities. These consist of large movement activities that warm up the large muscle groups of the body. Dynamic stretches are more effective at increasing blood flow and warming up muscles which improves performance.

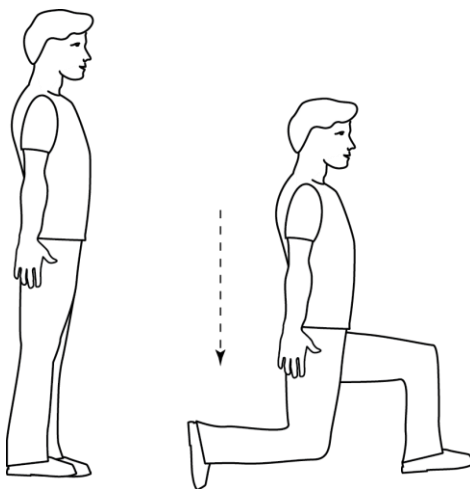
Jumping Jacks

Begin with feet together and arms at sides. Jump and simultaneously spread legs apart and move arms above the head. Jump again and return to starting position and repeat.



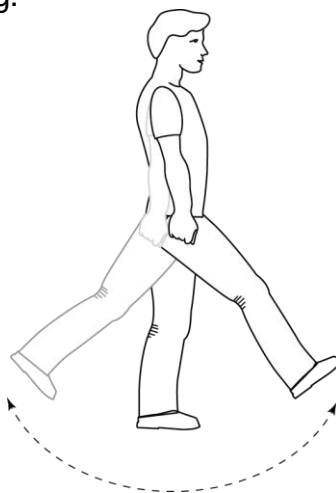
Forward Lunges

Stand with feet shoulder width apart. Step forward with right leg and lower the body until right knee is bent to 90 degrees. Step back to starting position and repeat with left leg.



Leg Swings

Stand with feet shoulder width apart. Balance on left leg with the right foot off floor. Swing the right leg forward and back, gradually increasing the height. Return to starting position and repeat with left leg.



Torso Twists

Stand with feet shoulder width apart. Raise hands to chest level and begin twisting upper body from side to side.

