CHECKLIST

Gymnastics warm-up checklist

- [ ] Complete three to five minutes of pulse-raising activity until you feel warmer
- [ ] Rotate each major joint two or three times in both directions
- [ ] Perform six to eight repetitions of each dynamic stretching exercise
- [ ] Activate wrists, shoulders, core and ankles with targeted exercises
- [ ] Spend extra time on any area that feels stiff or weak
- [ ] Rehearse the movements you're about to practise at low intensity
- [ ] Check that your skin feels warm and your joints move freely
- [ ] Adjust the length and intensity to match the session ahead and how your body feels