



# ***Efficient Physical Warm up Techniques for Marching Band***

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# Benefits of Stretching

- \*Increases flexibility

- \*Increases range of motion

- \*Improves performance in physical activities

- \*Increases blood flow to muscles

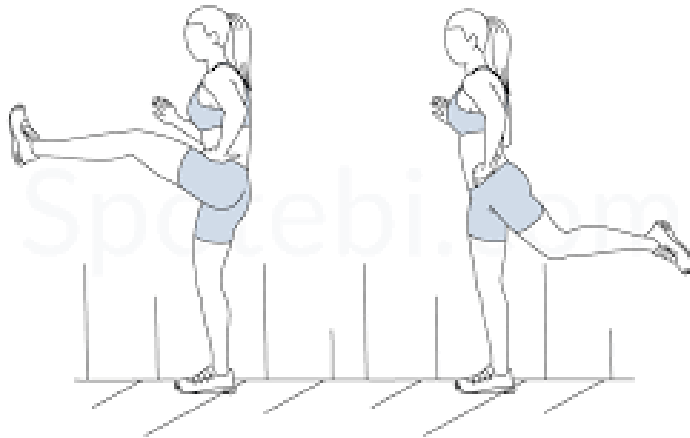
- \*Improves posture

- \*Helps to heal/prevent back pain

- \*Great for stress relief



# Dynamic vs. Static Stretching





# Dynamic Stretching

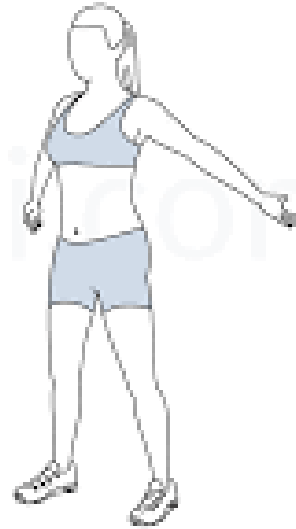
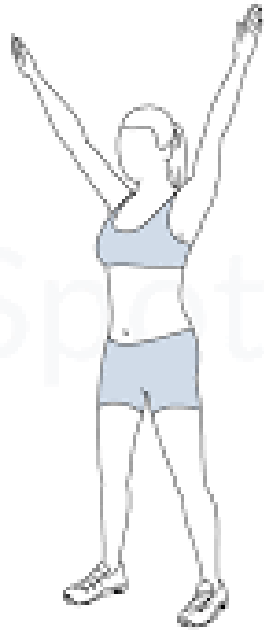
- \*Improves speed, agility and acceleration
- \*Active tightening of muscles and moving of joints through their full range of motion
- \*Functional and sport-specific movements
- \*Increases muscle temperature and decreases muscle stiffness
- \*Used as part of a warm-up routine before any athletic event, whether competitive or not



# Static Stretching

- \*Moves a muscle as far as it can go without feeling any pain
- \*Held for 20 to 45 seconds
- \*Repeated two to three times as an effective way to increase flexibility
- \*Used as part of a cool-down routine to help prevent injury
- \*Used in a warm-up prior to an athletic event may actually negatively impact our performance because static stretching may limit the body's ability to react quickly

## Arm Movements and Circles



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## Joint Movements and Circles

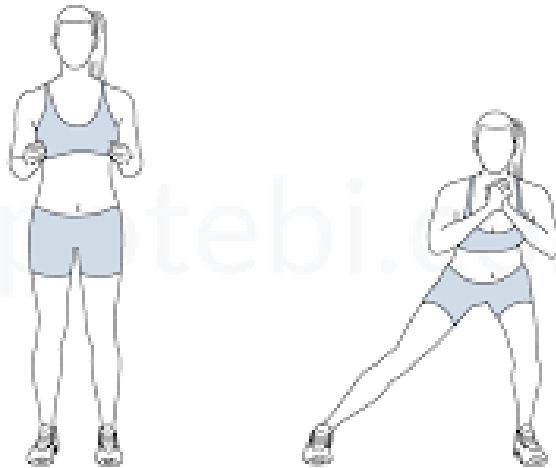


## Plie Squats

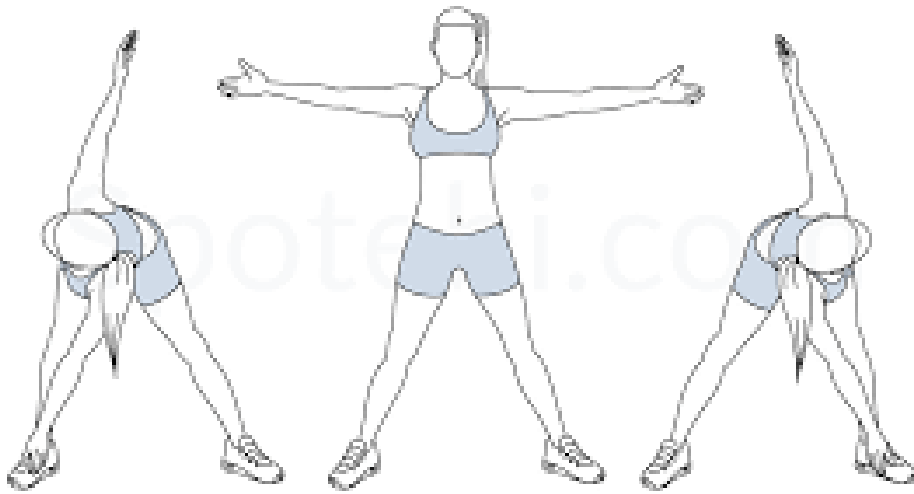




## Side Lunges



## Twisting and Side Bending



Adelle Smit | 040000048



## Chair Pose/Squats



## Forward Fold to Half Lift



## Standing Cat/Cow



## Calf Stretch in Warrior 1-Flowing

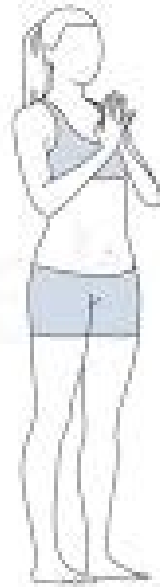


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## Hip Stretch in Lunge



## Mountain Pose-Stretch and Shoulder Rolls



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# Arm Movements and Circles



Begin standing with feet hips distance apart, pressing the feet into the ground, and lengthening up through the top of the head. Inhaling, reaching the arms up and over the head, exhaling, bringing arms back down to the sides of the body. We'll do this a few times, inhaling arms up, exhaling arms down. Then we'll bring the arms up in front of the body, to shoulder height, inhaling opening arms out to the sides, palms up and thumbs back, exhaling arms back together in front of the body.

Now we'll start to make some small circles with the arms, turning them into bigger circles as the shoulders start to feel comfortable. Let's make circles in the opposite direction.

# Joint Movements and Circles



Now we'll start to make some neck circles. Gently bringing the chin down toward the chest, then looking up and over the left shoulder, back down toward the chest, and up and over the right shoulder. Making that half circle a few more times.

We'll move the circles into our wrists. Gently rolling the wrists in one direction and then the opposite direction.

Let's bring circles into the hip joints. Balancing on our left foot, we'll bend the right knee and bring it up in front of the body. From here, making clockwise circles with the bent leg to feel the movement in the right hip joint. Switching directions and moving counterclockwise. Let's balance on the right leg and do clockwise circles with the left leg. Now counterclockwise circles.

Our last circles will be in our ankles. Standing on the left foot, let's lift the right foot off the ground and make circles in one direction, then the opposite. We'll do the same thing standing on our right foot and circling the left ankle.

# Plie Squats



Moving into a wide stance now by stepping our feet out to the distance of our out-stretched arms, turning toes out and thighs out. Inhaling, we'll reach arms up and over head, exhaling, bending our elbows and knees. Our knees point toward our pinky toe.

# Side Lunges



Keeping this wide stance, we'll turn our toes forward. Bending the right knee, we'll press our weight back toward the right heel and move into a side lunge. Straightening the leg, we'll lift back up to standing, and then bend the knee again to repeat this movement. We'll do the same on the left leg.

# Twisting and Side Bending



Coming up to standing in this wide stance, we'll reach both arms straight out to our sides. Let's reach the right hand down toward our left ankle with a gentle twist of the spine. We'll come back up to center and reach the left hand down toward our right ankle. Inhaling as we lift, exhaling as we bend and twist.

Now we'll come back to standing with feet hips distance apart. Let's raise our right arm up over the head to the left. We'll lower it down and lift the left arm up and over to the right. Let's do that a few more times on each side.

# Chair Pose/Squats



Letting the arms come down to rest at our sides, we'll start to bend both knees to sit back into an imaginary chair. As we sit into our chair, the arms can reach forward to help us balance. We'll straighten the legs and let the arms come back to our sides. Same thing again, sitting into chair, arms forward, standing with arms back to the sides. A few more times.

## Forward Fold to Half Lift



From here, let's gently bend our knees and hinge at the hips to bring our hands toward the ground into a forward fold. We'll lift halfway letting the hands come to the shins, just under our knees. Then we'll move back into a forward fold as we exhale, lifting halfway as we inhale. Same thing again, a few more times.

## Standing Cat/Cow



As we finish this last forward fold, we'll come back up to standing, and we'll bring the feet a little wider than hips distance. Let's bring our hands to our thighs and round the spine to look like a Halloween cat. We'll move the spine in the opposite direction to lengthen the top of the head and the tailbone toward the sky. Exhaling into cat, inhaling into cow.



# Calf Stretch in Warrior 1-Flowing



Now we'll step the left foot back into a wide stance, placing the left heel on the ground. Then we'll bend the right knee to feel the stretch in the lower left leg. We'll straighten the right leg to relax the stretch and then bend the knee again to deepen it. We'll repeat this a few more times. Let's come back to hips distance with both feet and then step the right foot back, bending the left knee to feel the calf stretch. We'll straighten to relax, and bend to deepen the stretch.

# Hip Stretch in Lunge



Let's come back to hips distance and then step the left foot back again, this time with the heel off the ground into a lunge. We'll focus the eyes to help us keep our balance, and then bend the left knee toward the ground to feel a stretch in the front of the left hip. We'll straighten the leg to lift back up, and then repeat this movement. This helps us to feel a stretch in the hips, but also feel strength in the front thigh. We'll do this a few more times, inhaling up and exhaling down. Again we'll step forward, and then bring the right foot back with heel lifted. Let's bend the right knee and straighten it a few times building flexibility and strength.

# Mountain Pose-Stretch and Shoulder Rolls



Lastly, we'll step forward one more time into mountain pose with arms by our sides. Inhaling, let's reach both arms up over the head and try to lengthen from our feet all the way to the top of the head and through our fingertips. Taking a few deep breaths here, and then letting the arms come down to our sides. Let's roll the shoulders a few times to relax the body, then shake everything out as we move into our rehearsal.



<https://www.atu.edu/bands/resources.php>