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□□□ this is only a guide and you can adapt it based on the time and facilities that you have available you may wish to include other stretches when a certain part of the body is to be specifically tested see also the specific test warm ups below 5 10 minutes of light

15 warm up exercises to prevent injury nerd fitness

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□□□ the movements listed below will help you stay limber mobile and injury free your goal is to warm up not be tired out so limit your warm up to 5 10min max pick 5 10 of these

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👤👤👤 discover the key strategies for structuring effective warm ups for training and competition this guide covers the physical and mental benefits of a well planned warm up routine

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☐☐☐ you can do a sport specific warmup or you can try the following warmup exercises that include a broad range of movements together these exercises can help prepare your

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