



SPIN® FUSION – DYNAMIC WARM-UPS

Presented by Mark Tickner

OVERVIEW

Learn different variations of warm-ups with fun, effective, dynamic movements designed to slowly improve range of motion and flexibility while warming the muscles, tendons and ligaments in a flowing state so that your class is ready for the demands of a higher intensity class.

This workshop includes bike, running and total body conditioning dynamic warm-ups used by many elite athletes in different sports and is perfect for fusion class formats.

OBJECTIVES

- What is an effective warm up and what are the benefits?
- Cycling Warm-ups:
 - “General” class warm-up
 - “Advanced” class warm up (for more experienced riders / your regular student that you know well)
- Running Warm-ups:
 - “Standard” warm-up
 - “Dynamic movement” warm-up
- Total Body Warm-ups:
 - “General” all-over warm-up
 - Dynamic “advanced” warm-up

SUMMARY

Bring some dynamic warm-ups into your next class to create brand new fusion classes, and to spice up your own training regime! These are also great for personal trainers who wish to add something new for their clients.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**