BOWLING WARM UP

5 movements to get your body ready to play

1 SHOULDER ROLLS



20–30 SECONDS

Let your arms hang. Roll your shoulders up, back and down in slow circles. Then roll them forward.

2 ARM CIRCLES



20–30 SECONDS

Hold your arms straight out to the sides. Make circles forward, then backward.

3 WRIST CIRCLES



20–30 SECONDS

Hold your arms out in front of you. Roll your wrists in slow circles, then switch directions.

4 LEG SWINGS



2 × 30 SECONDS

Hold a wall for balance. Swing one leg forward and back, nice and loose. Switch legs.

5 FORWARD LUNGES



2 × 30 SECONDS

Step forward and bend both knees. Push back to standing, then switch legs.

WARM UP TIPS

- ✓ Drink water before you start
- ✓ Go at your own pace
- ✓ Tell a coach if something hurts

Special Olympics Virginia

READY? LET'S PLAY!