

PEMANASAN BADAN SEBELUM SENAMAN

Pemanasan badan membantu minda dan badan awda untuk bersiap sedia melakukan bagi aktiviti berat. Ia akan beransur-ansur meningkatkan degupan jantung dan pernafasan awda, dan meningkatkan perjalanan darah ke otot. Ia juga membantu mengurangkan kecederaan semasa melakukan aktiviti.

This 12-step routine takes about 16 minutes to complete.

• Ikuti langkah-langkah di bawah • Buat 4 set setiap pergerakan • Mulakan set pertama pada kadar gerakan perlahan • Sambung dengan 3 set pada kadar gerakan laju

1

Berjalan perlahan setempat



2

Berjalan setempat dengan menaikkan tangan

- Tarik nafas sedalam-dalam sambil angkat tangan atas kepala



3

Berjalan sambil membangkangkan kaki ke depan dan belakang

- Berjalan ke depan sambil membangkangkan kaki awda
- Berjalan ke belakang sambil membangkangkan kaki awda



4

Berjalan setempat dan hulur tangan ke depan

- Berjalan setempat dan hulurkan tangan ke depan



5

Hulur tangan ke kiri dan kanan

- Hulurkan tangan kiri ke depan dan pusingkan badan ke kanan
- Hulurkan tangan kanan ke depan dan pusingkan badan ke kiri



6

Hulur satu tangan ke atas kepala

- Angkat satu tangan ke atas kepala sambil satu kaki lurus ke belakang



7

Naik satu kaki ke belakang

- Tarik siku awda ke belakang
- Naikkan satu kaki awda ke belakang



8

Naik lutut sambil menaikkan tangan

- Naikkan kedua tangan awda sehingga paras bahu sambil menaikkan lutut ke paras pinggang



Pandang Depan



Pandang Sebelah

9

Berjalan setempat sambil tepuk tangan

- Berjalan setempat sambil tepuk tangan



10

Mencangkung, berdiri dan tepuk tangan

- Mencangkung seolah-olah awda duduk
- Tegakkan tulang belakang awda
- Berdiri terus dan menepuk tangan 2 kali



11

Menendang sambil tangan naik

- Ayunkan tangan dan tendang satu kaki ke hadapan
- Tegakkan tulang belakang dan pastikan tendangan tidak menegangkan lutut



12

Hentak belakang

- Hulurkan tangan awda ke depan
- Hentakkan hujung jari kaki ke belakang



Pandang Depan



Pandang Sebelah



WARM UP

BEFORE EXERCISE

Warming up prepares your mind and body for strenuous activity. It will gradually increase your heart rate and breathing, and increase blood flow to your muscles. It also helps decrease the likelihood of injuries during the main activity.

This 12-step routine takes about 16 minutes to complete.

• Follow the steps in this card • Do four sets each • Start the first set at a slower pace • Continue the next three sets at a faster pace

1

March on the spot



2

March on the spot with deep breathing

- Breathe deeply as you raise your hands over your head



3

March while spreading your leg to the front and back

- March forward as you spread your leg
- March backward as you spread your leg



4

March and reach forward

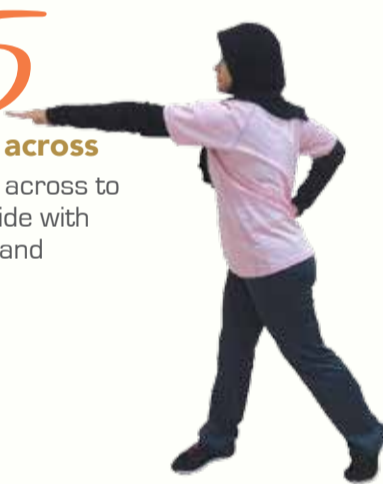
- March on the spot and reach forward



5

Reach across

- Reach across to your side with your hand



6

Overhead reach

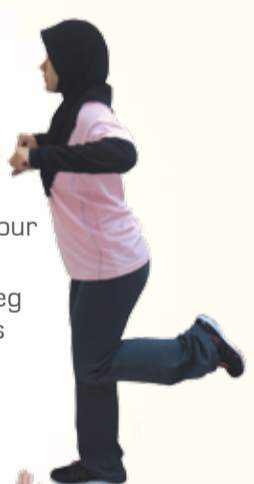
- Lift one hand above your head while one leg straight behind



7

Pull and leg curl

- Pull back your elbows
- Curl your leg backwards



8

High Knee while raising hands

- Raise both hands to shoulder level while raising your knee to waist level



Front View



Side View

9

March and clap

- March on the spot
- Clap your hands



10

Squat, stand and clap hands

- Squat as if you are seating
- Keep your back straight
- Stand up straight and clap hands twice



11

Kick, with hands lifted

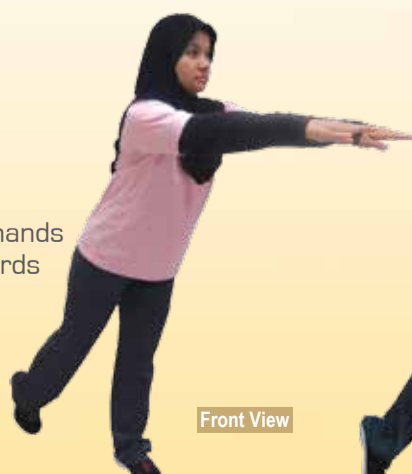
- Swing your hands to the front and kick forward
- Keep your back straight and do not lock your knees while you kick



12

Tap back

- Reach forward with your hands and tap your toes backwards



Front View



Side View

