

BUBBLE WARM-UP



INSTRUCTIONS

The Bubble Warm-Up is based on circular motions to encourage movement of the main joints of the body, release tension in the upper body and steady the breath. It's a perfect warm-up before freediving or pool training. There is also a video available of this sequence at www.omdiver.co.uk

1. Stand with feet hip-width apart, arms relaxed by your sides
2. Imagine a halo above your head. Trace the shape of the halo slowly with the top of your head. Keep your breath flowing evenly in and out. After 5 circles one way, change direction
3. Raise your right arm up and make large, slow circles through whatever is a comfortable range of motion for your shoulder. 4 - Make several circles in one direction, then change direction
- 5 - 6 Repeat with the left arm.
7. Make circles with your wrists, change direction
- 8 - 9 Stretch your arms out in front feeling a stretch across your upper back. Then take your arms back until you feel a stretch across the front of your chest. Continue the arm motion like a wide breast-stroke several times
10. Moving now to the base of your spine. Bring hands onto the hips and make narrow circles at the base of the spine, just rotating the upper body (not hips)
11. Widen your circle now to take in the hips, as if you're hula-hooping. And then bring the knees in also.
- 12 - 13 Lift your right knee and begin to make circles at the hip joint, as slowly and wide as is comfortable for your range of motion at each hip.
14. Take the circular motion into the right ankle
- 15 - 16 Repeat the hip circles on the left side
- 17 Ankle circles on the left foot
18. Come back to standing still, feet hip width apart. Rub your hands together to create warmth and energy. Place one hand on the belly and one on the chest. Take 3 breaths in and out of the belly. Then 3 in and out of the chest. Add together to take deep breaths into the belly, then continue into the chest. Release from the chest and then the belly. Take as many deep breaths as is comfortable. Try to make each inhale and exhale the same length