
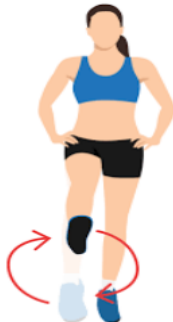

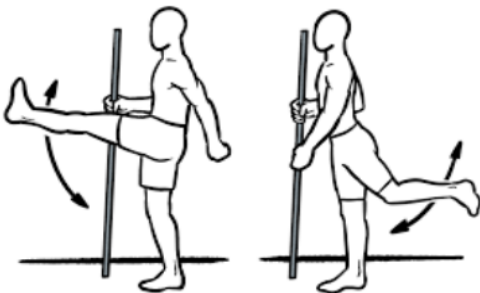


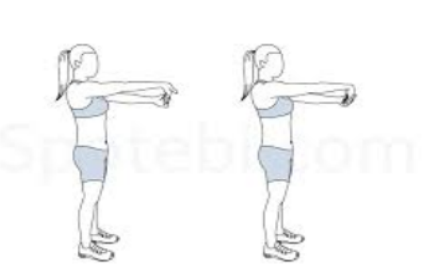
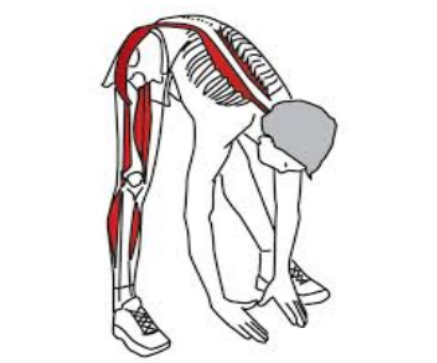

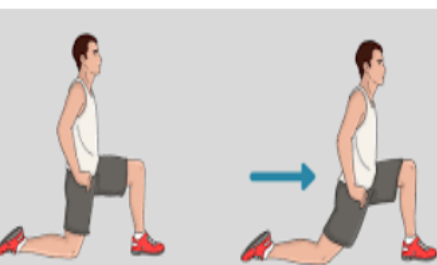


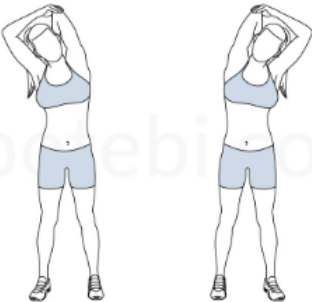


# Fencing Warm-Up

<u>Stretch</u>	<u>Description</u>	
<b>Walking lunges and Reverse lunges</b>	<ol style="list-style-type: none"> <li>1. Conduct normal forward lunges, bending both knees at the same time as close to the ground as possible.</li> <li>2. Alternating legs to one side of the hall.</li> <li>3. Then on the way back do it backwards i.e reverse lunges.</li> </ol>	
<b>Hip Circles</b>	<ol style="list-style-type: none"> <li>1. Stand on one leg, using a wall or a heavy piece of furniture for support if necessary.</li> <li>2. Raise the other leg out to the side and move it in a circular motion.</li> <li>3. Perform 20 rotations with each leg.</li> </ol>	
<b>Squats</b>	<ol style="list-style-type: none"> <li>1. Stand with the feet hip-width apart.</li> <li>2. Gently lower the body into a squatting position, making sure the knees do not go past the toes.</li> <li>3. Squeeze the glutes — the muscles in the buttocks — when returning to a standing position.</li> <li>4. Repeat the movement 10 times.</li> </ol>	
<b>Leg Swings</b>	<ol style="list-style-type: none"> <li>1. Stand up straight and lift one leg. Use a wall or a heavy piece of furniture for support, if necessary.</li> <li>2. Gently swing the leg forward and backward, like a pendulum. Keep the knee straight or bent.</li> <li>3. Repeat the swinging motion with the opposite leg.</li> <li>4. Perform 20 repetitions on each side.</li> </ol>	
<b>Arm Circles</b>	<ol style="list-style-type: none"> <li>1. Stand up straight with the feet shoulder-width apart.</li> <li>2. Hold the arms out to the sides, keeping them at the height of the shoulders.</li> <li>3. Move the arms in a circular motion. Start with small circles and gradually widen them.</li> <li>4. Move the arms clockwise for 20 rotations, then repeat the movements in the opposite direction.</li> </ol>	

<b>Upper Body Twist</b>	<ol style="list-style-type: none"> <li>1. Stand up straight, with the feet shoulder-width apart. Raise the arms to the height of the shoulders.</li> <li>2. Rotate the body from side to side without moving the torso.</li> <li>3. Repeat this 5–10 times</li> </ol>	
<b>Wrist Rotations</b>	<ol style="list-style-type: none"> <li>1. Stretch your arm out in front of you.</li> <li>2. Slowly, point the fingers down until you feel a stretch. Use the other hand to gently pull the raised hand toward the body. Hold this position for 3–5 seconds.</li> <li>3. Point the fingers toward the ceiling until you feel a stretch. Use the other hand to gently pull the raised hand toward the body. Hold this position for 3–5 seconds.</li> <li>4. Repeat this three times.</li> </ol>	
<b>Toe Touches (Hamstrings)</b>	<ol style="list-style-type: none"> <li>1. Plant both feet on the floor hip-width apart.</li> <li>2. While keeping your legs straight, bend forward from your hips and reach for your toes with both hands (or as far as you can).</li> <li>3. Rest your hands on the mat, feet, or on your shins — whichever is most comfortable.</li> <li>4. Hold this position for 10-20 seconds, repeat 10 times</li> </ol>	
<b>Standing Quad Stretch</b>	<ol style="list-style-type: none"> <li>1. While standing, hold onto a countertop or chair back to assist in balance.</li> <li>2. Bend your knee by grasping your ankle with one hand, moving your foot toward your buttocks.</li> <li>3. Gently pull on your ankle to bend your knee as far as possible.</li> <li>4. Maintain position for 30 seconds.</li> <li>5. Return to standing position.</li> <li>6. Repeat exercise 3 to 5 times with each leg.</li> </ol>	
<b>Kneeling Hip Flexor Stretch</b>	<ol style="list-style-type: none"> <li>1. kneel on both knees. Your bottom should be on the heels of your feet with the balls of your feet pressed firmly against the mat.</li> <li>2. Lean forward and press your palms to the mat. Hands should be shoulder-width apart and elbows should be bent slightly to prevent them from locking.</li> <li>3. Bring your left knee forward through the gap between your arms and place your left foot flat on the mat in front of you, creating a 90-degree angle.</li> <li>4. Straighten your upper body and place both of your hands on your left knee in front of you for support and balance.</li> <li>5. Extend your right leg behind you. Your right knee should be pressed into the mat and the top of your right foot is rested on the mat.</li> <li>6. Lean forward slightly to deepen the stretch. Hold for 20-30 seconds.</li> <li>7. Exit the stretch and repeat on the other side.</li> </ol>	

<b>Lateral Trunk Flexor</b>	<ol style="list-style-type: none"> <li>1. Stand with your feet shoulder width apart and place one hand on your hip.</li> <li>2. Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips</li> <li>3. in the opposite direction.</li> <li>4. Hold this position before you repeat on the other side.</li> </ol>	<div> <div>STEP 1</div>  </div> <div> <div>STEP 2</div>  </div>
<b>Tricep Stretch</b>	<ol style="list-style-type: none"> <li>1. Stand straight with your feet hip-width apart. Lift and bend one arm until your hand is in the middle of the upper back.</li> <li>2. Grasp the elbow with the other hand and gently pull.</li> <li>3. Hold for 10 to 20 seconds and repeat on the other side.</li> </ol>	
<b>Bicep &amp; Deltoid Stretch</b>	<ol style="list-style-type: none"> <li>1. Interlace your hands at the base of your spine.</li> <li>2. Straighten your arms and turn your palms to face down.</li> <li>3. Raise your arms up as high as you can.</li> <li>4. Hold this position for up to 1 minute.</li> <li>5. Repeat 1 to 3 times.</li> </ol>	