

Warm-Up Exercises...

Like other sports it's a really good idea to do not only warm-up exercises before you bowl, but everyday as well. They won't take long to do and they will help improve your flexibility when you bowl.

The following exercises have been taken from the YABA coaching manual "Beyond the Beginner" by Fred Borden.

Quadriceps

Balance on one leg while grasping foot of other leg and stretching it back to the opposite buttock. Alternate with other leg. This will stretch the front leg muscle. See figure 5-1.

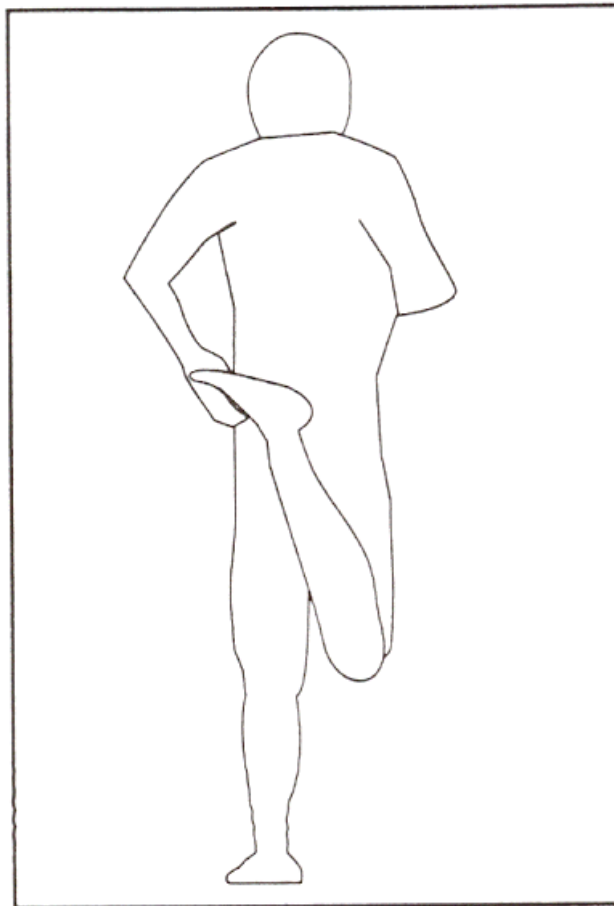


Figure 5-1

Triceps

Lift elbow of one arm over head (with rest of arm lowered). Grasp elbow with opposite hand and pull gently toward middle of head. Alternate with other arm.

See Figure 5-2.



Figure 5-2

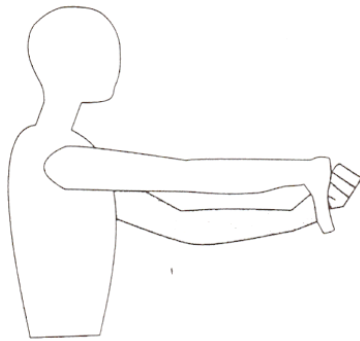


Figure 5-3

Forearm Extenders

Extend arm with hand bent downward at the wrist. Grasp fingers with other hand. Pull toward body. Repeat with other hand.

See Figure 5-3.

Forearm Flexor

Extend arm, with palm facing out and hand bent upward at the wrist. Grasp fingers with other hand. Pull toward body. Repeat with other hand.

See Figure 5-4.

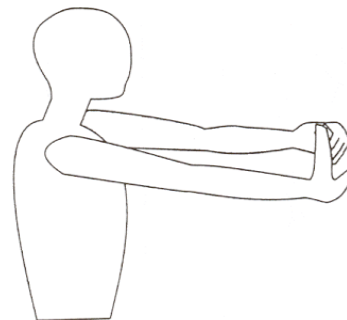


Figure 5-4

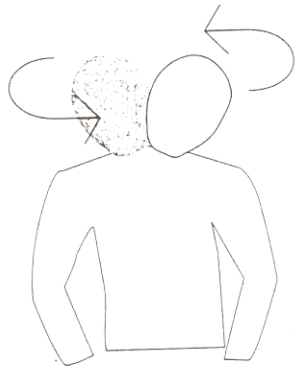


Figure 5-5

Neck/Shoulder Stretch

Bend head down. Slowly rotate head in a clockwise, then counter-clockwise, motion.

See Figure 5-5.

Neck Stretch

Move chin toward Adam's apple until you can feel tension on back of neck.

See Figure 5-6.

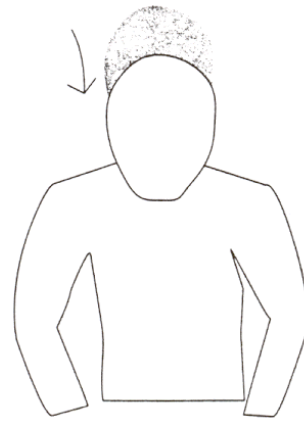


Figure 5-6



Figure 5-7

Calf Stretch

Balance balls of feet on stair (or step to approach and ball return). Lower and raise body at the ankle.

See Figure 5-7.

Side Stretch

Extend right arm over head, while keeping other arm at side. Bend sideways at the waist toward left side. Alternate with other side.

See Figure 5-8.



Figure 5-8



Figure 5-9

Knee/Thigh Stretch

Place left leg in back and right leg in front of your body. By bending right knee and extending left leg, shift your weight forward and hold. Alternate leg position and repeat.

See Figure 5-9.

Achilles Stretch

Place palms up against a wall. Place left leg in back and right leg in front of body. Stretch out left leg while bending right knee until you feel tension, and hold. Repeat with legs alternated.

See Figure 5-10.

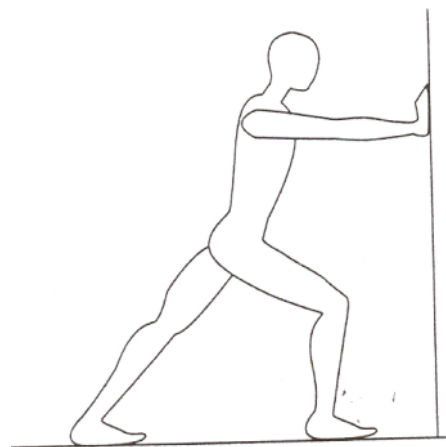


Figure 5-10

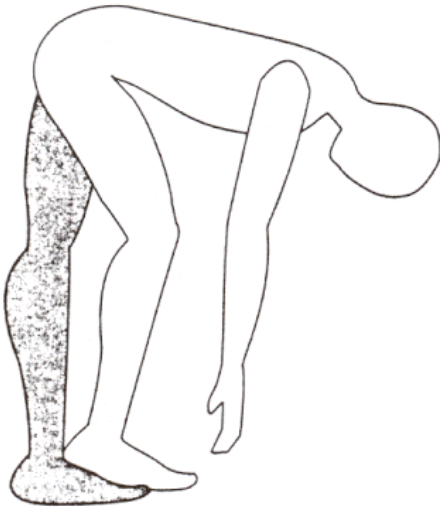


Figure 5-11

Toe Touch

Cross Legs. Bend body at waist, moving fingers as close as comfortable toward toes. Hold. Alternate position of feet and repeat.

See Figure 5-11.