

nd Unique Warm Ups for Coaches and Physical Educ

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Synopsis

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Warming up is extremely important for athletes in all stages of life, and yet it is often the most neglected portion of a work out, simply because it can often become repetitive and boring. This book aims to put the fun back into warm ups by getting athletes moving in new and unexpected ways.

It is written for anyone who coaches athletes in a group setting: physical educators, team sports coaches, camp counselors, CrossFit gym owners, personal trainers, scout leaders, and more.

The activities described here are appropriate for young and old, for experienced athletes and newbies, for small groups and large ones. Don't underestimate how fun simple playground games and competitions can be for adults as well as children!

They can also be used as cool down activities or as ice breakers for large groups.

Reader's comments

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