

FUN STUNTS

What are Fun Stunts?

Fun stunts are a type of active stretching and are similar to dynamic flexibility movements. The names and movements are appropriate for children and participation in fun stunt movements can increase flexibility and balance.

Safety

Before beginning a fun stunt routine, engage in a warm-up (i.e. jump rope, light jog/walk) for 3-5 minutes. The warm-up period will prepare the muscles for exercise. The movements should be performed slow and controlled to reduce chance for injury.

How do I create a fun stunt routine?

Familiarize yourself with the movements before engaging in a routine. Completing the movements in isolation will help you to perform the exercises using correct form. A combination of the movements could last between 2-10 minutes.

To begin, select four to six movements. Arrange the movements from 1 to 6. If it is the first time you are completing the routine, remember to perform the movements slow and controlled. Once your balance and flexibility improve, you can perform the movements for longer periods of time.

Here are two routines to try:

- Fun stunt routine 1
- Fun stunt routine 2