

**Movement – Lesson 1
Warming Up with Aaron Derell**

Lesson Recap:

Warming up is critical before dancing, attending choreography rehearsal or before any movement exercise because it allows you to properly prepare your mind and body for the activity at hand. Here are some tips:

- Safety should be the priority
- Elevate your heart rate BEFORE you start your stretching and warm-up exercises
- Move in ways that make you the most comfortable
- Isolations are one of many exercises used to engage separate parts of the body
- Start isolations with moving your head then traveling down the body
- Always warm-up your body with intention

Questions:

What is an isolation and how do you integrate it into a warm-up?

Why is it important to warm-up before a choreography rehearsal?

If you were leading a warm up, how would you begin?



Creative Extensions:

- Listen to your favorite song and create your own warm-up routine inspired by the music.
- Discuss how warming up can impact flexibility, endurance, strength and alignment.
- Keep a dance journal and evaluate your progress.

