

# DON'T CRAMP YOUR STYLE!

## WARM-UP EXERCISES FOR MUSICIANS

All skilled physical activity, including music performance, should be preceded by a warm up to increase the blood flow to muscles, free up motion and prepare the body for healthy and effective activity.

Here are some useful exercises to help you warm up before you play

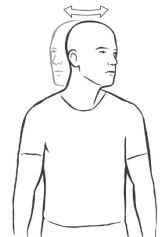
### Remember ..

- **A warm-up** does not involve stretching. You should only do gentle stretches after playing once your muscles are warm
- **A breathing exercise** or visualisation can help you mentally prepare. If you are nervous, stay positive. Remember that fear is close to excitement and telling yourself *I'm excited about this performance* can make a big difference
- **Check your posture.** Stand with feet a hip width apart and knees slightly bent. Breathe slowly and rhythmically throughout
- **Keep well hydrated** Drink enough water before, during and after practising and performing
- **Be careful** if you have high blood pressure or feel dizzy. STOP if you feel pain. If you are hypermobile (very flexible), you should seek advice from a performing arts specialist
- **Don't forget** to take regular breaks during practise and performance. You can repeat the warm-up exercises to release tension and to re-align posture
- **Check** the **BAPAM** website for more detailed healthy performance guidance and contact us if you have any queries or concerns

### EXERCISES 1 – 5: Repeat each 5 times

#### 1. HEAD TURNS

Turn your head from side to side



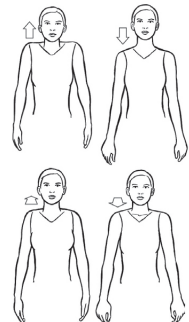
#### 2. HEAD DROPS

Drop your head forwards and backwards



#### 3. SHOULDERS

Raise and lower your shoulders, and roll forwards and backwards



#### 4. ARMS

Swing each arm full circle



#### 5. SIDE BENDS

Hold your left arm overhead and tilt your body to the right. Alternate with bends to the opposite side



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### 6. PULSE RAISER

March on the spot with opposite arms swinging

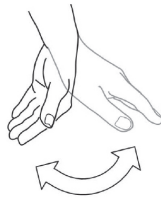
This exercise is aerobic: build up stamina by starting for 1 minute & increasing by 30 seconds each week to a maximum of 3 minutes



**EXERCISES 7 – 11:** Repeat each 10-15 times

### 7. WRIST BENDS

Relax your arms and hands by your sides with the palms facing in. Bend and extend your wrists



### 8. WRIST ROTATIONS

Relax your arms and bend them at the elbows. Circle your wrists



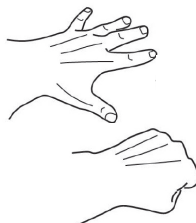
### 9. FOREARMS

Rotate forearms outwards and inwards



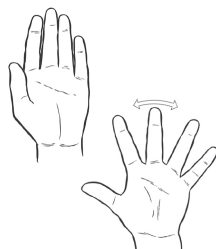
### 10. HANDS

Form and release a fist



### 11. FINGERS

Spread your fingers then bring them together



## COOLING DOWN AFTER PLAYING...

helps you recover physically and psychologically from the session

- **Play something** soft, slow and simple
- **Gentle stretches** help lengthen muscles out of playing postures
- **Sit or stand** with feet wide apart. Allow arms and body to fall forwards and hold for at least 1 minute, feeling muscles lengthen down your back
- **Lie or sit** and breathe slowly, allowing ribs to extend sideways
- **Quietly contemplate** what you have been doing



This resource is also available as a folding pocket-sized version. Call **020 7404 8444** or email [info@bapam.org.uk](mailto:info@bapam.org.uk) to order copies

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**BAPAM** is generously supported by:

