



# ASP Warm-Up

## DAILY DOZEN EXPLANATION

This warm-up routine is specifically designed for police baton and restraint training. All ASP training sessions should be preceded by an adequate routine to warm and stretch the body. At the conclusion of training, the student should warm down.

### CONCEPTS

When warming the body for ASP training activities, it is important to remember:

- a. Warm first, then stretch
- b. Stretch slowly, not ballistically
- c. Do **not** lock the knees
- d. Do **not** bounce

### SETUP

1. Begin the music as students walk in a large circle two arm lengths (Safe Separation) apart.
2. The Instructor (in the middle) moves in the opposite direction to monitor participant progress.
3. Each component is repeated four (4) times or performed for approximately one minute.
4. After each walking component, move in the opposite direction on the command “**Stop, Turn, Walk.**”

### ACTIVITIES

1. **Walk** — As the participants walk around the circle, gradually pick up the pace until they are walking at a brisk, yet comfortable pace. Take long heel-to-toe strides.
2. **Arm Swing** — Combine arm movement with walking as the participants gradually increase the range of motion of the forward and rear arm swing until the arms are swung fully above the head.
3. **Two Hand Check** — Participants alternately push across the body as far as possible with the palms of both hands.
4. **Elbow Pull** — As participants walk around the circle, place the right arm on the left shoulder. Pull the right elbow to the body. Repeat with the left arm on the right shoulder. Perform with each arm twice.
5. **Shoulder Shrug** — Raise both shoulders up as high as possible. Lower both shoulders as low as possible. Alternate raising one shoulder while the second is lowered. Roll both shoulders forward in large circles. Roll the shoulders backward.

6. **Palm Press** — Participants push the palms of both hands upward as far as possible. Push both palms to the ground. Alternate simultaneously pushing one palm to the sky and the second to the ground.

### STOP & FACE INWARD

*[The last six components of the Daily Dozen serve as a postactivity warm-down. They are performed before allowing the body to cool. These activities remove the chemical by-products of strenuous exercise. They will reduce follow-on stiffness and soreness.]*

7. **Curl** — Starting at the head, let the arms hang and slowly curl forward until completely bent at the waist. Slowly uncurl and raise up. Repeat four (4) times.
8. **Calf Stretch** — Step forward with the left leg raising the heel of the right foot off the floor. Supporting the weight on the left knee, slowly lower the right heel as the calf of the right leg is stretched. Step forward with the right leg and repeat the activities stretching the left calf. Repeat twice with each leg.
9. **Trunk Extension** — Spread the feet shoulder width apart. Bend the knees and place the palms on the ground. Raise the buttocks slowly, stretching the back of both legs. Repeat four (4) times.
10. **Leg Stretch** — From the same position, extend the right heel and raise the toes. Support your weight on the opposite knee. Rock back stretching the back of the thigh. Extend the left heel and repeat the activity, stretching the back of the left thigh. Repeat each side twice.
11. **Neck Stretch** — Press the chin to the chest. Turn the head to the right and, once again, press the head forward. Turn the head to the left. Press forward. Repeat four (4) times.

### WALK

12. **Arm Cross** — Briskly walk around the circle crossing the arms in front and pulling the elbows straight back.