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## Dynamic Warm Up for Drummers

Do this dynamic stretching routine regularly **before** you practice and play. Do a minimum of 10 reps on each side.

Watch accompanying video occasionally to refine your form:  
<https://youtu.be/kymcCy30Lv8>

1. Butt Kicks
2. Leg March
3. Calves
4. Shoulder Blade Pinch
5. Torso Rotation
6. Forward Swim
7. Fix Hair
8. Upper Arm Internal/External Rotation
9. Wrist Flexion/Extension
10. Ulnar/Radial Deviation
11. Supinate/Pronate
12. Starfish Hands
13. (for luck) Finger Roll

Now Rock Out!