Juggling Warm-Up Exercises

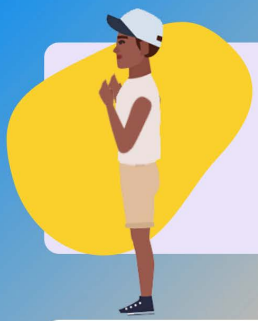
These exercises will get you into a reasonable posture and help your arms warm up for juggling.

Start exercises in relaxed but balanced upright standing position (no leaning forward, or slouching, but not military straight either).

Start with arms at sides. Reach forward and up to a full overhead stretch. Hold for about 15 seconds.

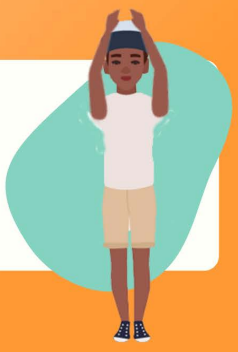
Start with arms at sides. Reach up to put hands behind your head. With hands on back of your head, push elbows back for a comfortable stretch. Hold for 15 seconds

Start with arms at sides. Reach out to the side with arms extended, then reach behind the body as if trying to put hands in opposite rear pockets. Hold for 15 seconds.



Start with arms at sides. Bend elbows and wrists and fingers as you bring the hands to the front of the shoulders. Hold briefly, then return arms to side position, straightening the wrists and fingers as much as possible. Hold briefly.

Upright posture motion: bring arms up from the side to overhead, touching palms of hands at the top of the reach. Keeping palms together, bring your hands down to the top of your head, keeping elbows out to the side. Then move your arms down to your sides. The procedure is good for attaining and upright relaxed starting posture.



Pre-juggling exercises by Dale Schuit, PT, PhD