



Fencing Warm Up (A)

1. Lunges gymnastic – forward, wide, sideways, behind.
Reach low. Stretch fingers reach for fingertips.
Reach high. Stretch fingers reach for fingertips.
Reach behind back. Stretch fingers reach for fingertips.
Left and right sides.
2. Hip Curls.
3. Low skips.
Normal
4. High skips.
Spring up as high as you can ensure you maintain bent knees and arms
5. Backwards skips – make sure its opposite arm and leg.
6. Hips up and down with alternate leg stretch.
Hips Up and down- Press-up position with bottom high to low arch back and shoulders high
Leg stretch – Press-up position bring alternate legs under body. One handed if you can.
7. Bear crawl – front and back. On front Feet to hands
8. One leg hop and hold forward, 5 left and 5 right.
Bend knee Hop forward. Hip, Knee and ankle alignment. To increase knee control.
9. Hop and hold forward then run 2 steps to the right and stop.
Change direction (right and left).
Run (not crab).
10. Twist jumps, 5 each way.
11. Pogo jumps, 5 rest 5.
12. Pogo jumps, 5 rest 5, feet up and down.
Land on front of feet Spring up emphasise feet up and down.
13. Sprint starts, hand down in Gymnastic lunge to start.

[Taken from Excelsior YouTube Tutorial](#)

A warm up for fencers. www.excelsiorgroup.co.uk

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Fencing Warm Up (B)

1. Lunges gymnastic – forward, wide, sideways, behind.
Reach low. Stretch fingers reach for fingertips.
Reach high. Stretch fingers reach for fingertips.
Reach behind back. Stretch fingers reach for fingertips.
Left and right sides.
2. Hip curls.
Big Steps big upper body rotation.
3. Skip low
Normal skip
4. Skip high
Spring up as high as you can ensure you maintain bent knees and arms
5. Backwards, 2 steps, alternating
6. Arm reaches – place elbows to wrists on the floor and then back to push-up position.
(Press-up position bring alternate arms under body).
7. Spiderman steps
(Press-up position bring foot up to hand and back again. This is a stationary exercise).
8. Crab crawl, forward and back.
Back face down
9. Side hop – 5 each leg – hip, knee and ankle alignment.
(Over line on the floor). To increase knee control.
10. Lateral hop and hold and sprint forward, 3 steps or to a line.
(Hop to the Left then run forward).
(Left and then right).
11. Scissor jump (Up) 5 – Vertical high
12. Scissor jump skip (Knees up in a skipping motion), 3 each side
13. Fire hydrant position – run (This will help fencing lunge)
(Run in direction of knee on the floor).
(Left and then right)
14. Running fast touch floor, left and right, hard

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