

Title:

Heat It Up: 5 Bowling Warm Up Tips

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Summary:

In every sports or any activity that entails strenuous work, it is important to start with some

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Article Body:

In every sports or any activity that entails strenuous work, it is important to start with some

In fact, most health experts say that doing warm up exercises increases the capacity of the pe

It has been clinically proven that warm up exercises can actually boost an individual's workin

Here is a list of some warm up tips that every bowler should learn in order to play the game w

1. Stretching

When doing stretching exercises that involve the neck and shoulder, it is best to hold each st

2. Sweat it out!

It is important to start sweating when doing some bowling warm up exercises. The purpose of th

The point here is that when your body has been warmed up, it will no longer release more heat

3. Stretch those arms

The player's flexers and extenders should be properly warmed up before playing the game. This

4. Breathe out

During warm up exercises, it is important to do some deep breathing. It is best to hold your b

5. Warm up before stretching

Even if stretching is part of a bowler's warm up routine, it is still important to do some war

These are just some of the few tips that every bowler must bear in mind when doing warm up exe

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