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## WARM UP

Warm up is defined as the set of activities or exercises, general first and then specific, taking place before any physical activity requiring an effort that exceeds the normal, to activate all the organs and prepare the athlete for maximum performance.

Warm up has two key objectives:

- To help to prevent injuries
- To prepare the athlete physically, physiologically and psychologically for the start of an activity more intense than usual, as is a training or competition.

The warm up produces several effects on our body, we highlight the most important:

- Increases body temperature (warm feeling, that's we call warming).
- Increases heart rate (beats go faster because the heart sends more blood to the organs, especially the muscles that we are using).
- Increases respiratory rate (breathing is faster, and this allows blood that the heart sends to the muscles have more oxygen).
- Delays the appearance of fatigue.

The warm up must be progressive, from low-intensity to high-intensity exercises, and should not be interrupted. In addition, the warm up should last about 10-15 minutes, but it depends on the kind of work is coming later. The harder the job, the longer the warm up.

### **STAGES OF THE WARM UP:**

We define two main phases on the warm-up:

1. General phase: in which we distinguish three blocks:
  - Functional Activity or Cardiorespiratory: continuous slow race.
  - Joints movements: Move every part of your body, from head to toes, moving the joints through different exercises (static or dynamic).
  - Dynamic Stretches: to lengthen the muscles.
2. Specific phase: exercises related to the next activities or sports. It is a more intense phase than the general phase. We can play, for example, some games, sprints or short fast races.

**KEYS TO MAKE A GOOD WARM UP:**

We must have in mind some points to be efficient in the warm up:

- Variety: just to avoid boredom.
- Simplicity: easy but effective exercises.
- Progression: progressively increasing the intensity.
- Command: working up-down or down-up, without missing any part of the body or joint.
- Total: After all, you must have increased the heart rate, breathing and muscles temperature, so that you should feel ready to start the next activity.

**WARM UP SUMMARY:**

