



Corporate
Fitness
Works

Warm Up Vs. Cool Down

Created by Team Leader: Alexa Sabo

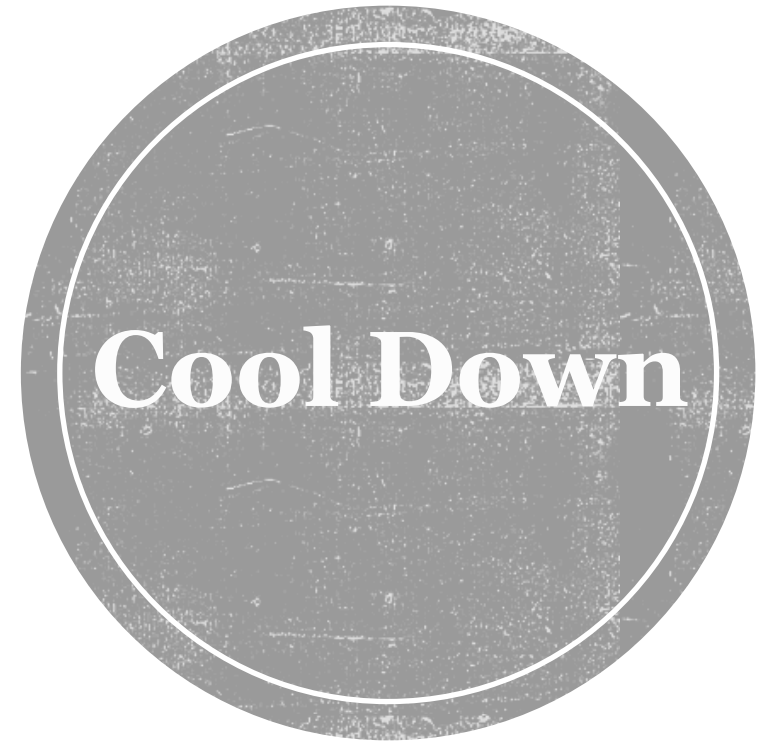


What is a Warm Up?

- A program of gradually increasing activity to raise muscle temperature and heart rate in preparation for more strenuous exercise
- Last around 5-10 minutes, depending on the length of your workout
- Perform the exercise you plan on doing at a slower rate
- Engages muscles from the entire body

What is a Cool Down?

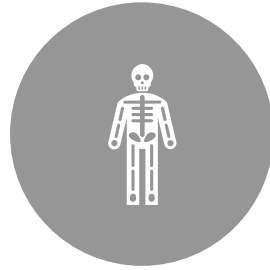
- A gradual decrease in blood pressure, temperature, and heart rate returning to baseline after exercise
- Lasts 5-10 minutes
- Perform a slower paced exercise to lower heart rate
- Stretch large muscle groups



Types of Stretching



DYNAMIC STRETCHING-
MOVING PARTS OF THE BODY
TO INCREASE THE STRETCH



STATIC STRETCHING-
HOLDING A BODY PART TO THE
FARTHEST MAINTAINABLE POINT



ACTIVE STRETCHING-
HOLDING A POSITION WITHOUT
ANY ASSISTANCE OTHER THAN
THAT MUSCLE GROUP



PASSIVE STRETCHING-
HOLDING A POSITION WITH THE
HELP OF ANOTHER BODY PART
OR OBJECT



THE DIFFERENCE BETWEEN A WARM UP AND COOL DOWN





Warm Up

- Before the workout
- Increases body temperature, blood pressure, and heart rate
- Focuses on dynamic stretching



Cool Down

- After the workout
- Brings body temperature, blood pressure, and heart rate back down to “normal”
- Consists of mainly static stretches



**WHY ARE THEY
IMPORTANT?**



The Importance of a Warm Up

- Injury prevention by:
 - Raising muscle temperature
 - Increasing blood flow to the muscles
- Takes stress off:
 - The heart
 - Slow increase in heart rate (HR) and blood pressure (BP)
 - Joints and tendons
 - Increases blood flow and lubrication to the joints
- Results in better performance



The Importance of a Cool Down

- Reduces risk of:
 - Blood pooling
 - Injury
 - Delayed Onset Muscle Soreness (DOMS)
- Helps body to come back to homeostasis



**EXAMPLE
WARM UP
& COOL
DOWN**



How to Create a Warm-Up

- Choose exercises that will gradually *increase* movement and speed throughout the warm- up
- Use exercises that are *dynamic* in nature
- Start simple and progress to more complex movements



- First
 - Slow movements & low impact first
 - I.e. Knee Pulls
- Next
 - Quicker movements and more impact
 - I.e. Jogging
- Last
 - Fastest movement with the most impact
 - I.e. High Knees



Example Running Warm Up

- Walk for 3-5 minutes
- Dynamic movements (complete for 20-30 sec.):
 - March in place
 - Leg swings
 - Hamstring curls
 - Arm circles
 - Jumping jacks
 - Jog into run



How to Create a Cool Down

- Choose exercises that will gradually *decrease* movement throughout the cool down
- Focus on *static* stretching the muscles that you used during the working phase
- Start from the bottom up
 - Lower body, to upper body



- First
 - Slow down the movement that you are doing
 - I.e. Walk
- Next
 - Stretch the muscles that were worked
 - I.e. Static stretch lower body (Quads, Hamstrings, Glutes, Calfs)
- Last
 - Stretch the rest of your body
 - I.e. Upper body, trunk



Example Running Cool Down

- Slow your run to a jog for 1-2 minutes
- Slow your jog to a walk for 2-3 minutes
- Sidestep while stretching upper body
 - Triceps stretch, shoulder stretch (10-30 sec. hold)
- Stretch lower body
 - Hamstring stretch, Quadriceps stretch, Calf stretch, Hip stretch, and Trunk rotation stretch



Activity

- Warm up

- 20 seconds of:
 - Arm circles
 - Hamstring curls
 - Leg swings
 - Jumping jacks



- Cool Down

- 20 seconds of:
 - Slow side steps
 - Shoulder stretch
 - Lat stretch
 - Quad stretch





Corporate
Fitness
Works

Thank you

