



# Warm Up and Cool Down

**Generic Warm Up and Cool Down  
Exercises for all sports**

## ***Warm Up and Cool Down***

### **Warm Up**

A warm up is an important part of any physical activity particularly in an event where the activity exceeds the normal range of movement. Warming up has the following positive benefits.

1. Helps prevent injury by increasing elasticity of the muscle due to a rise in body temperature.
2. Dynamic exercises reduce muscle stiffness
3. Heart rate is increased, which leads to oxygen being more readily available to working muscles.
4. Provides focus for the mind before an activity.

Simply – a warm up should progressively intensify throughout and include the following exercises: These are featured on the Tesco Sport for Schools and Clubs DVD

### **5-10 minutes**

1. Light jogging (on the spot) with heel flicks– increase intensity as you go.
2. Head to toe exercises – Neck rolls, shoulder rotations, arm rotations, hip rotations and groin extensions.
3. Static stretching if required. (These are still stretches where you isolate a single muscle)

### **Cool Down**

After participating in vigorous physical activity, a cool down is vital in preventing fatigue and muscle soreness after an activity.

Benefits include:

1. Helps to dissipate the lactic acid.
2. Reduces the risk of muscle soreness.
3. Reduces the chance of dizziness or fainting, which can come from blood pooling.

A cool down should include the following:

5-10 minutes	light jogging or skipping to lower body temperature
5-10 minutes	light static stretching (20 seconds min per stretch)