

Why warm up ?



In order to avoid injuries:



A progressive and adapted physical activity is necessary in order not to put his heart, arteries, muscles and joints in adjustment difficulties.

For a better focus:



The warm up ritual help us to focus psychologically on our physical activity.

For a better recover during and after effort:



Well prepared, the body is better adapted and produces at equal effort less tiredness.

In order to be more efficient :



The body overhall output is significantly better after a serious warm up.

The warm up effects on the body

Warm up increases the respiratory and heart rate:

The body is better supplied in oxygen (oxygen = Energy).



Warm up increases the body temperature:

The muscles and tendons have maximum output at a 39° temperature.

Warm up improves the motor coordination:

By carrying actions similar as in game or competition, movements become more accurate.



Warm up increases the attention and vigilance level :

(Activate the reticular formation which regulates the brain activity level).

Warm up increases the synovia production :

Synovia is a joint lubricant liquid, present in the joint capsule. The joints cartilages thicken and so better absorb shocks.



The 4 rules for an efficient warm up

1/ Warm up must be long enough:

The best length is around 15-20 minutes.



2/ Warm up must be progressive:

The efforts must increase in intensity all along the warm up, bit by bit. You have to alternate static parts with more dynamic parts. (swap between strong and recover actions).



3/ Warm up must be adapted (specific):

Depending on the activity : I choose my exercises according to the body parts which will get involved, the kind of effort I'll do, as well as the specific actions, skills linked to the activity.



Depending on the weather: A high outdoor temperature allows to reduce the warm up duration whereas a cold and rainy weather will make it longer



Depending on the day time : I have to warm up longer on the morning than on the afternoon (and even more if the lesson is close to the wake up).

Depending on my age : The older I am, the longer I have to warm up, and it must be also more careful, progressive because the muscles lose some plastic properties (propriétés élastiques).



4/ Warm up must be complete:

The warm up must deal with all the body parts and involve all the functions (The respiratory and circulatory system, all muscles and joints).

An efficient warm up plan

1. A general warm up which contains:

- The setting activity (moderate race).
- The articular mobilization.
- The rise in intensity
- Stretching.

The teacher said yes...except the specific part which is linked to the activity

The warm up : it's always the

Yes sir ! First of all, the setting activity, then the joints...muscles... stretching and finally the specific warm up.

So, it's ok for the warm



It helps to prepare for the specific sport, doing exercises closer to the effort that is being done in the future.

