

Warm-Up

WHAT IS IT?

- Literally means "warms up" the body
- Prepares the body for the upcoming workout
- Prepares the mind for the upcoming workout

WHY DO IT?

- To increase the heart rate slightly
- To increase the temperature of the muscles slightly
- To lubricate the joints
- To allow greater ease of movement

WHEN TO DO IT?

- Prior to any workout or activity session

HOW LONG?

- For a total of 5 to 10 minutes
- Could be longer for older adults or beginners and if the conditions are colder

WHAT TO DO?

- Include large body movements in locomotion, such as walking, marching and stationary bike
- Add slow and controlled movements such as arm circles while ensuring arm movements stay below shoulder height
- Add in stretches such as calf stretch, side stretch, arm stretch, and neck stretch. Holding each stretch for a period of 8 to 12 seconds. The stretches should be static/motionless movements with no bouncing.



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Campus Fitness

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