

# UNIT 1: WARM UP

## WHAT IS A WARM-UP?

A warm up is a series of exercises you do before physical activity, to prepare your body for it.

For example, before playing an intense sport you can run slowly to warm your muscles and your heart.

Warm ups must prepare the muscles for the activity.

There are very different warm ups, (high intensity, low intensity, for basketball, for tennis...). So, the warm-up volleyball players do is different from the one footballers do.



**Warm ups are specific to the sport or activity you practice.**

### Benefits of the warm up:

If you do a good warm up, you get:

- 1) Protection against injuries
- 2) Better performance

And also:

- You increase your body temperature.
- Oxygen in blood travels faster.
- Your muscles extend more and are more elastic
- Your joints move more efficiently
- Muscles move faster and with more strength
- You react faster

### Parts of the warm up:

- Continuous running.
- Joint mobility (dynamic).
- Specific part (depending on the sport).
- Stretching.