Foundations of Personal Fitness

Chapter 3, Section 5

**What You Will Do**

* Apply the principles of warm-up and cooldown to a fitness program.
* Analyze the importance of up and types of warm-up in exercise and training.
* Analyze the importance of down and phases of a cooldown in exercise and training.

**Terms to Know**

* warm-up
* active warm-up
* passive warm-up
* blood pooling
* cardiovascular cooldown
* stretching cooldown

**Components of a Complete Workout**

There are three components of a complete workout:

1.

2.

3.

A should always precede moderate to vigorous physical activity.

There are two main methods of warming up.

* warm-up:
* warm-up:

An active warm-up will have two phases:

A  *phase* is designed to gradually increase your heart rate and body temperature. It may include jogging slowly or running in place on a treadmill.

A *phase* is designed to loosen up the muscles and connective tissues. It may include static body stretches.

**Warm-up Guidelines**

* **Remember to do a cardiovascular and muscular-skeletal phase in every warm-up**
* **Start slowly, and gradually increase**  **.**
* **Warm up for five to fifteen minutes in temperate weather.**
* **When it is cold, you may want to take more time to warm up**
* **Design a specific warm-up intended for your exercises**
* **Make your warm-up intensity high enough to produce an increase in heart and breathing rates and a light sweat.**

**The workout phase of your fitness program is the period of time that you should spend**   **in physical activity or exercise.**

**The cooldown phase will ensure a safe and more effective**  **. Its purpose is to lower your heart rate**

* **The cooldown portion of your routine is as important as the warm-up.**
* **This gradual decrease will prevent**  **.**