

Warm Up

The aim of a warm up is to prepare the mind and body for the activity to come by gradually increasing heart rate and raising body temperature slightly. It is also an opportunity to increase flexibility and range of movement of joints.

This is achieved by 5-10 minutes of light cardiovascular exercise which gradually increases in intensity.

Walking down to the gyms at a brisk pace would be ideal!

If this is not possible, try simply marching on the spot or some light jogging and side steps.

Come along to an organised session for more specific warm up and mobility exercises.

Example workouts

- 1) Simple circuit approach whereby you spend a set amount of time (30 seconds-1 minute) on each piece of equipment before moving on to the next.
 - Make this easier by adding 30 seconds rest between each piece of equipment.
 - Or make it harder by adding an exercise such as 10 star jumps between each piece of equipment.

- 2) Perform a set number of repetitions on each exercise, perhaps 50 on cardiovascular exercises and 10-15 on resistance exercises.

Cool down

A cool down helps to gradually return the body/heart rate back to its' resting state. This helps to aid recovery from the session and is again ideal for improving flexibility!

The cool down will be similar to a warm up, with 5-10 minute of light cardiovascular exercise, except this time it will gradually decrease in intensity.

This is also an ideal time to perform some static stretches.....

