



# Learning About Warm-up Exercises

## Warm-up Exercises

Warm-up exercises can be divided up into two categories, passive and active. Passive warm-up exercises include massages or cream applications. Although this may be helpful for muscles that are already sore or aching, they provide little more than psychological help as a warm-up exercise.



Active warm-up exercises include actual physical activity by the exerciser. They can be divided up into two categories, specific warm-ups and general warm-ups.

## Specific Warm-ups

Specific warm-up exercises only use a limited number of muscle groups for a specific activity. Examples of specific warm-up exercises include the baseball batter's swing and the golfer's swing.



Specific warm-up exercises aid in coordinating movements. (Some people call this “muscle memory”) That is why golfers and batters make a habit of this practice. These warm-up actions also tend to promote confidence in the action or motion.

However, using too much resistance can alter the coordination of the movement. That is why an exerciser should only use moderate resistance for this activity.

## General Warm-ups

General warm-up exercises use most of the large muscle groups in the body. They are an



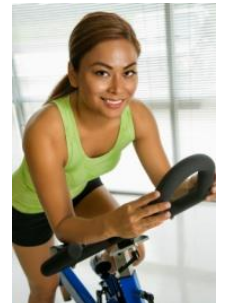
important part of an exercise program because they help prepare the body for the vigorous activity that will follow.

## What is a good general warm-up exercise?

General warm-up exercises should include the larger muscle groups of the body, those in the legs and hips.



If you are not in good physical condition, walking at a moderate pace or riding an exercise bike at a moderate pace can be a good selection of a general warm-up activity.



If you are in top physical condition, your general warm-up exercise might consist of a slow jog or using an exercise bike with resistance.

Exercises like push-ups and sit-ups do not include the larger muscle groups of the legs and hips. Therefore, these particular exercises are not advisable for a general warm-up.

Also, some people stretch as their primary warm-up activity. This is not recommended. Stretching exercises should be performed after the muscles are warmed-up.

Doing so will reduce the chance of overstretching and injuring a muscle and will also promote a better stretch.



If you like to perform flexibility exercises (stretching) before a major activity or exercise session, start by performing a general warm-up first. Then perform your flexibility exercises before starting the physical activity.

In short, the warm-up exercise period is a must before any strenuous exercise session.

### **How much time should be spent on the warm-up period?**

If performing an appropriate warm-up exercise, most individuals need only five to ten minutes for their warm-up period. A more practical

approach is to exercise until you feel warm and you begin to sweat. When you begin to sweat, your body is ready for the activity.



Warm-up exercises are only one part of an exercise session. Another part of the exercise session is the cooldown period which will be the topic for the next wellness newsletter. And remember, you should always discuss your exercise plans with your doctor prior to starting any exercise program.

### **Helpful Websites**

#### **Why Aerobic Exercise**

<http://www.mayoclinic.com>

#### **Aerobic Conditioning**

<http://www.exrx.net/Aerobic.html>

#### **Exercise and Physical Fitness**

<http://health.nih.gov/topic/ExercisePhysicalFitness/WellnessLifestyle>

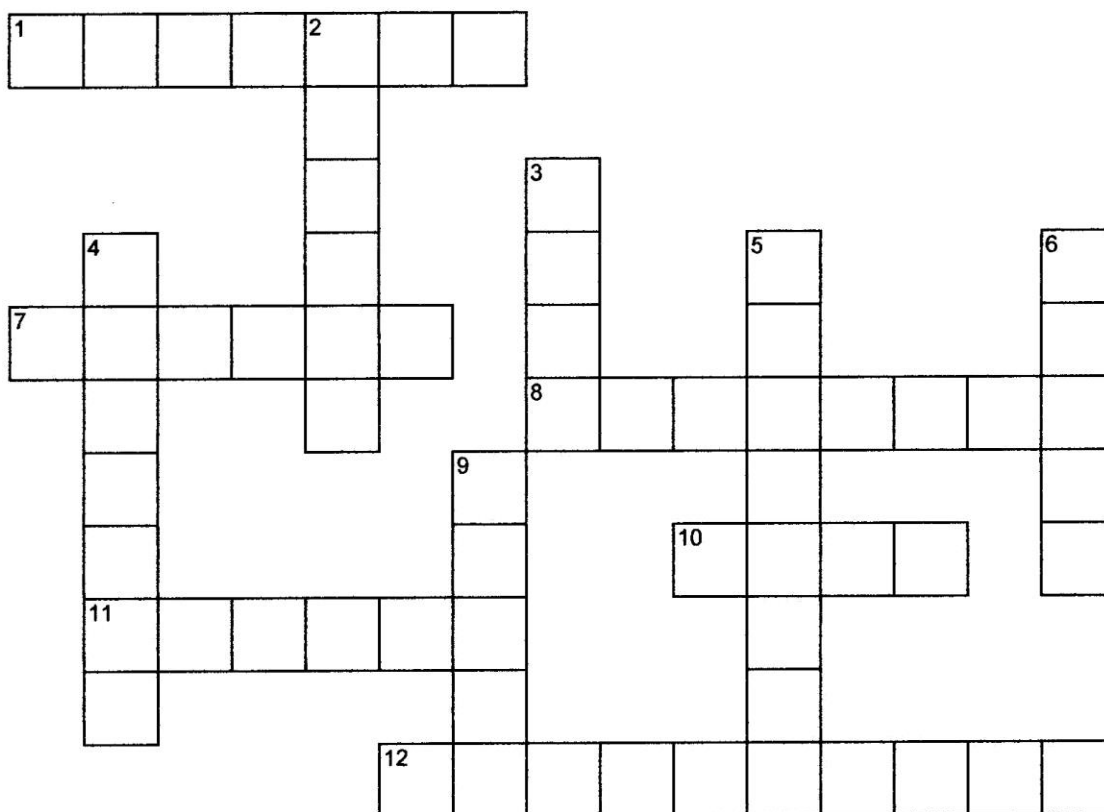
#### **Exercise and Physical Fitness**

<http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html>

**NOTICE:** Although the above websites have been operational for years, as you know, that could change tomorrow. If that is the case, simply Google the organization for a revised address.

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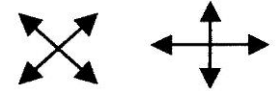
## ACROSS

- 1 If you are in poor physical condition, \_\_\_\_\_ can serve as your general warm-up.
- 7 Specific warm-up exercises help with muscle \_\_\_\_\_.
- 8 Specific warm-up exercises should only use \_\_\_\_\_ resistance.
- 10 Most people only need \_\_\_\_\_ minutes for their warm-up period.
- 11 Warm-up exercises can be divided into two categories, passive and \_\_\_\_\_.
- 12 \_\_\_\_\_ is not considered a warm-up exercise.

## DOWN

- 2 Warm-up exercises can reduce the chance of an \_\_\_\_\_.
- 3 Stretching exercises should be performed when the muscles are \_\_\_\_\_.
- 4 \_\_\_\_\_ warm-up exercises should include the large muscle groups in the body.
- 5 One example of a \_\_\_\_\_ warm-up exercise is a golfer's swing.
- 6 Passive warm-up exercises include \_\_\_\_\_ applications.
- 9 Your warm-up period is complete when you begin to \_\_\_\_\_.

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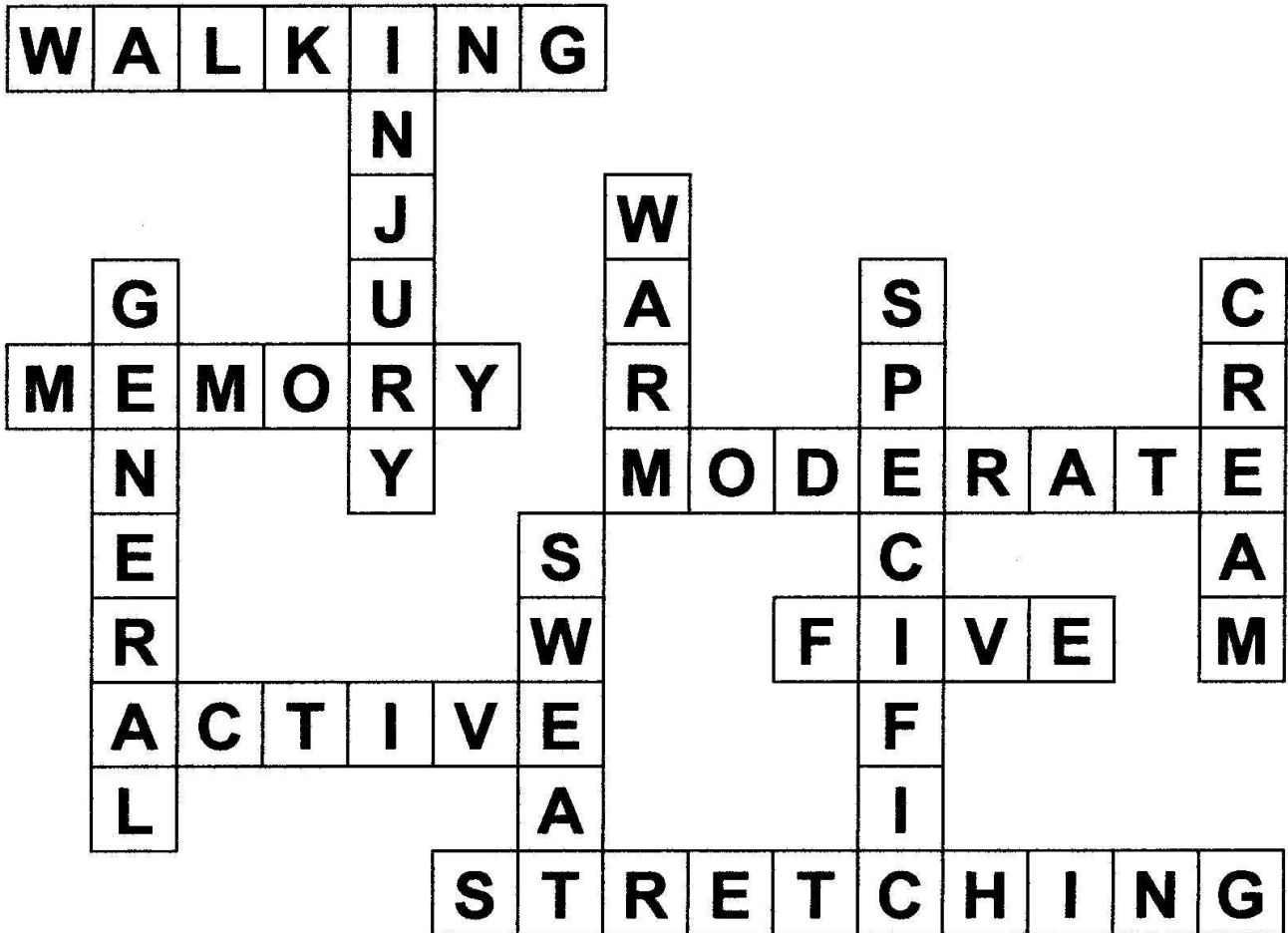


S L R Y S E S S I O N L Q C L N N E  
 E F L E X I B I L I T Y K X J C C M  
 S E C A P N A C T I V I T Y M N X X  
 I Z G N I H C T E R T S M K A M N D  
 C E S I C R E X E Y E U Q T T Z H M  
 R S T L T Y H J L F S S S P X Z C M  
 E I P B R L C N P C Z I I H G O D U  
 X C N E Z R B T L U S F N C O B S S  
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 T T O H R H O D C S N Z P O G C V T  
 C X W P N N V A B G A G C Z N A D Z  
 H P P Y M Y X T F M D P C J T P V Z

Active	Coordination	General	Passive	Stretch
Activities	Exercise	Injury	Physical	Stretching
Activity	Exerciser	Muscle	Resistance	Walking
Condition	Exercises	Muscles	Session	Warmup
Cooldown	Flexibility	Pace	Specific	Workout

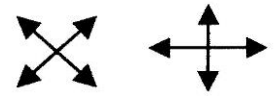
# Warm-up Exercises

## Answer Key





# Warm-up Exercises



## Answer Key

A 15x15 grid of letters with several words highlighted in boxes. The words are:

- SESSION (row 1, columns 6-11)
- FLEXIBILITY (row 2, columns 2-11)
- ECAPN (row 3, columns 2-7)
- ACTIVITY (row 3, columns 8-14)
- GNICTERTS (row 4, columns 2-11)
- ESICREXE (row 5, columns 2-11)
- STLTYHJLFS (row 6, columns 2-11)
- IPBRLCNPCZIIHGOD (row 7, columns 2-14)
- CNEZRBTLSFNCOBS (row 8, columns 2-14)
- OYJCP CEREMLVRRER (row 9, columns 2-14)
- QOFLUISORRARD DIER (row 10, columns 2-14)
- P L T A T R F T N R Q I A T G W X E (row 11, columns 2-15)
- S D U C Y E Y I E D N J I W A E D E (row 12, columns 2-15)
- T O O I C C V N C A I V B L M V T Z (row 13, columns 2-15)
- R W K S H F E I T R I T K J L I K H (row 14, columns 2-15)
- E N R Y Q G T I S T R I I F K T T L (row 15, columns 2-15)
- T T O H R H O D C S N Z P O G C V T (row 16, columns 2-15)
- C X W P N N V A B G A G C Z N A D Z (row 17, columns 2-15)
- H P P Y M Y X T F M D P C J T P V Z (row 18, columns 2-15)