

Warm-up

- Types of Warm-ups
 - passive: increase temperature by external means
 - general: increase temperature using non-specific body movements
 - specific: increase temperature using similar biomechanics used in subsequent, more strenuous activity.
 - best option since it provides rehearsal of activity or event
- Warm-up benefits
 - rehearsal of movement
 - elevation of body temperature
 - increase dissociation of oxygen from hemoglobin and myoglobin
 - lowering of activation energy rates of metabolic chemical reactions
 - increase muscle blood flow
 - reduction in muscle viscosity
 - increase sensitivity of nerve receptors
 - increase speed of nervous impulses
 - reduces incidence and likelihood of musculoskeletal injuries
 - supplies adequate blood flow to heart
 - warm up of two minutes prior to sudden exertion can decrease relative myocardial hypoxia and decrease blood pressure during exercise.
 - warm up may precede strenuous exercise by as much as 10 to 15 minutes and still decreased arrhythmias indicative of inadequate oxygen to the heart.
 - warm up may be particularly crucial for those with a degree of underlying coronary artery disease.

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