


Warm Up and Cool Down 2 Chart– CT025

<p>Description</p>	<p>◆ This chart clearly illustrates a programme of Cardio-Respiratory, Mobility and Stretching exercises that are essential to every sports person. Split into 3 sections the chart advises you on why it is important to warm-up, how to warm-up and why and how to cool-down. How to warm-up involves 3 phases. Phase 1: increasing body and muscle temperature by doing Cardio-respiratory exercise. Phase 2: Mobilising the major joints. Phase 3: Stretching the major muscle groups. Designed in conjunction with Rex Hazeldine, Sports Scientist, Loughborough University, the chart is essential to every fitness training facility as it very important that people warm-up and cool-down properly before and after training or competition.</p>
<p>Details</p>	<p>1. Dimension: A1 Size</p>
<p>Image</p>	 <p>The chart is titled "WARM-UP & COOL-DOWN EXERCISE PROGRAMME" and is divided into several sections:</p> <ul style="list-style-type: none"> WHY WARM-UP?: Explains the benefits of warming up, such as increasing heart rate and blood flow, and reducing the risk of injury. HOW TO WARM-UP: <ul style="list-style-type: none"> Phase 1: INCREASE BODY AND MUSCLE TEMPERATURE & HEAVY CARDIO-RESPIRATORY EXERCISE: Includes exercises like walking, jogging, and running. Phase 2: MOBILISE THE MAJOR JOINTS: Includes exercises for the neck, shoulders, hips, and ankles. Phase 3: STRETCH THE MAJOR MUSCLE GROUPS: Includes stretches for the lower back, hip flexors, quadriceps, hamstrings, and calves. Phase 4: PRACTICE SPECIFIC SKILLS PRIOR TO A FITNESS OR TRAINING SESSION: Includes exercises like tennis, badminton, and table tennis. HOW START YOUR TRAINING / EXERCISE SESSION OR COMPETITION: Provides instructions on how to begin a session. THE COOL-DOWN: Explains the importance of cooling down and includes exercises like walking and stretching.