

## Warm-Up:

A series of exercises that prepares your body for activity, enhances performance, and helps prevent injury.

The warm-up should last several minutes, increasing your heart rate & warming the bodies large muscles.

## Cool-Down:

Movements done at a slower pace than the workout, allowing the body to recover from vigorous activity.

*A heart cool-down prevents dizziness. A muscular cool-down helps return blood to your heart and includes stretching the muscles used in activity.*

# Principles of Conditioning:

1. *Overload*: requiring your body to do more than it normally does
2. *Progression*: the amount & intensity of the exercise should be gradually increased
3. *Specificity*: a specific type of exercise will determine the specific benefit you receive.

