

WARM UP

This is the first topic that we will see throughout the course. It is the WARM UP.

Although I know you think that the warm up is a bit boring, I hope when you read this change your mind and understand that warming up before exercise is very important.

.1. WHAT IS THE WARM UP?

The warm up is "the set of exercises before any intense physical activity, designed to prevent injury and prepare our body physical, physiological and psychological point of view."

These are exercises that:

- - we do before any kind of physical activity (training, recreational sport, physical education);
- - to reduce the possible risk of injury; and
- - to prepare our body in general, making it better.

1.2. WHAT DOES THE WARM UP PRODUCE?

The warm up produces a number of effects on our body, we highlight the most important:

- Increased body temperature (warm feeling, that's we call warming).
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- Increased heart rate (beats go faster, because the heart sends more blood to the organs, especially the muscles that we are using).
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- - Increased respiratory rate (breathing is faster, and this allows blood that the heart sends to the muscles have more oxygen).
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- - Delays the appearance of fatigue.

1.3. HOW MANY PHASES IS THE WARM UP?

All WARM UP have to be made up by two main phases:

1a) General Phase: In this we distinguish three blocks:

- Functional Activity or Cardiorespiratory: where locomotion simple exercises such as continuous running are performed.

- Activity arthromuscular: where we move several joints through different exercises.

- Stretching: where we stretch the major muscles to avoid giving stiffness.

2a) Specific Phase: In this phase, specific exercises will be conducted, mainly related to the activities that we will do next.

Each sport has its own specific exercises. We have to work those muscles in a more specific way that we will need later in sports.

1.4. HOW LONG ?

The warm up should last about 10 minutes, but also depends on the type of work we do later. The harder the job, the longer the warming up.

IMPORTANT

- **The warm up should not be interrupted.**

1.5. POINTS TO CONSIDER TO MAKE A GOOD WARM UP.

To be efficient in warming up we must have in mind the following points:

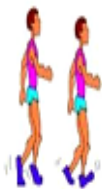















- - VARIETY: must consist of entertaining exercises to avoid boredom.
- - SIMPLICITY: easy exercises .
- - PROGRESSION: should progressively increase the intensity.
- - COMMAND: must work UP-DOWN or DOWN-UP, so that we do not miss any part of the body.
- - TOTAL: At the end of the WARM UP you should feel ready to start the activity. You must have increased your heart rate, your breathing and temperature of your muscles.

1.6 WARM UP EXERCISES.

Here we present several exercises for each part of the body, which will be helpful when you make your own warm-ups.

A) FUNCTIONAL ACTIVITY OR cardiorespiratory.

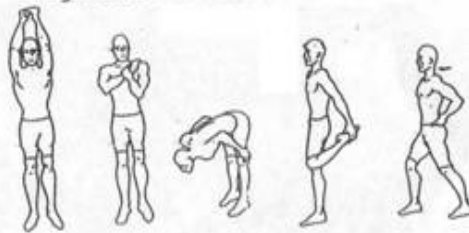
The cardiovascular system is activated by light running exercises.

| EJERCICIOS DE ACTIVACION O CALENTAMIENTO EN SI (Ejercicios de carrera ancho de la cancha con movilidad) | | | | | | | |
|--|---|---------------------------------------|---|---|---|---|---|
| EJERCICIO | DIBUJO | EJERCICIO | DIBUJO | EJERCICIO | DIBUJO | EJERCICIO | DIBUJO |
| Camino suavemente sobre talones y puntas de pie |  | Camino con gran movimiento de brazos. |  | Camino con movimiento de brazos adelante y atrás. |  | Camino elevando piernas. |  |
| Camino flexionando el tronco hasta tocar los pies. |  | Trote elevando rodillas |  | Trote elevando talones a glúteos |  | Corro haciendo círculos con los brazos hacia adelante, hacia atrás. |  |
| Me desplazo lateralmente cruzando piernas |  | Corro en zig-zag |  | Trote o corro en zigzag por entre mis compañeros |  | Realizo skipping en el puesto y de salida |  |
| Correr sobre compañeros tumbados |  | Trotar y subir escaleras |  | Doy saltos y caigo en semiflexión |  | Salto en el puesto abriendo y cerrando mis piernas. |  |

B) ACTIVITY ARTHROMUSCULAR.

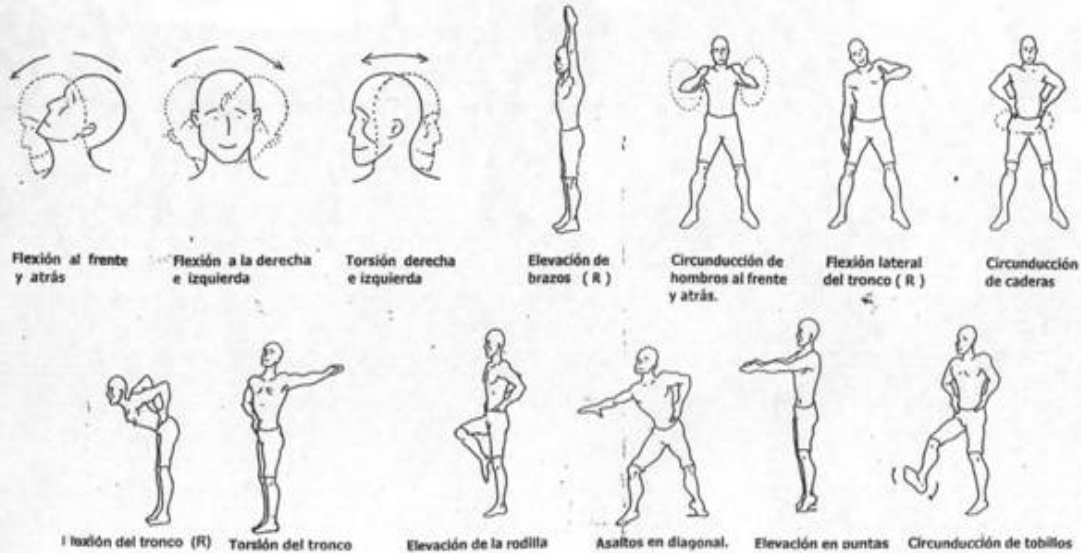
It consists basically of individual exercises such as swings, circles, rotations, launches, pushups, jumping jacks, crunches etc in which we mobilize all joints and muscles in a general way.

Ejercicios de Estiramiento



(R) Combinación del eje con la respiración d

Ejercicios de Movilidad articular



EJERCICIOS DE MOVILIDAD ARTICULAR O PRECALENTAMIENTO (Cuello, Hombro, Muñeca, Cadera, Rodilla, Tobillo)

| EJERCICIO | DEBIDO | EJERCICIO | DEBIDO | EJERCICIO | DEBIDO | EJERCICIO | DEBIDO |
|---|--------|---|--------|---|--------|--|--------|
| Ejecuto movimientos de cabeza arriba y abajo flexionado y extensionado el cuello. | | Desarrollo movimientos de cabeza realizando circundaciones al cuello | | Ejecuto movimientos de hombros hacia adelante, movimientos hacia atrás | | Desarrollo movimientos de Circunducción de brazos en extensión hacia adelante y hacia atrás | |
| Realizo flexiones y extensiones de codos | | Realizo flexiones dorsales y flexiones palmares y Abducciones y Aducciones de muñecas | | Realizo movimientos rotativos de tronco hacia un lado, luego hacia el otro. | | Ejecuto inclinaciones laterales del tronco, pasando una mano sobre la cabeza, la otra peso por el frente del abdomen | |
| Realizo elevaciones adelante y atrás con una pierna, luego con la otra | | Realizo circundaciones de cadera, primero con una pierna, luego con la otra | | Realizo Círcos de rodillas con las manos en ellas y con piernas un poco flexionadas | | Ejecuto rotaciones internas y rotaciones externas para cada tobillo, con apoyo en la punta de pie. | |

C) STRETCHING.

It consists of various stretching exercises to increase elasticity and muscle coordination.



DIBUJOS DE ESTIRAMIENTOS



WELL STUDENTS

I hope you now understand the importance of warming up before any physical exercise, so from now on we stop complaining and warm up every day. OK?????????