Lesson Two

WARMING UP & COOLING DOWN

WARM UP

Warming up before an exercise or physical activity has several benefits:

✓ Decreases the chance of getting injured
✓ Reduces muscle stiffness
✓ Increases blood flow to muscles
✓ Increases heart rate prior to starting a workout

Warming up should take 5-10 minutes, depending on the intensity of your workout and the type of exercise you will be doing.

STRETCH

Overall, stretching helps improve flexibility and may improve your athletic performance. Stretching can also increase blood flowing to your muscles and help you feel less stiff.

Types of stretching

✓ Static: stretching and holding a position (ex. toe touches)
✓ Dynamic: stretching with movement (ex. high knees)

TURN & TALK!

What are some short-term and long-term health benefits of static and dynamic stretching when warming up or cooling down? Think about how your body feels before, during and after a workout.

DEMONSTRATE!

In groups of two or three, come up with three static stretches and three dynamic warm up ideas. Choose one individual from your group to demonstrate one static and one dynamic stretch to the entire class.
COOL DOWN

Cooling down helps return your heart beat to its normal rate and keeps you from getting dizzy or feeling sick to your stomach when you stop being active. An adequate cool down also reduces the potential for post-workout soreness and stiffness.

Cool down routines should last about five minutes and should include light cardio and static or dynamic stretches after the cardio portion.

TURN & TALK!

What are some activities you can do to cool down after the following?

- Flag football game
- Basketball practice
- Swimming
- A marathon

FIT FORMULA

When constructing your fitness plan, keep in mind the FITT Principle:

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DEMONSTRATE!

In groups of three or four, create a five minute cool down routine that includes static stretches to target specific muscles you may have used during kickball.
Lesson Two: Warming Up & Cooling Down

FAVORITE PREGAME WARM UP ACTIVITIES

Hamstring Stretches
Hamstring stretches are important and can help prevent leg injuries and lower-back pain. Be sure to HOLD the stretch in a fixed position!

Legs Swings
Leg swings are a great dynamic stretch that can help loosen your hips and improve range of motion. Try this stretch in a forward or lateral movement.

Hip Mobility with Bands
Hip mobility and strengthening warm ups are key to making your hips strong and flexible. Your hips help provide the strength you need for running and jumping!
**ACTIVITY:**
Design a 4-step warm up and cool down regimen for a self-selected physical activity, exercise or game. Examples include but are not limited to: dancing, running, flag football, soccer or skateboarding.

Your warm up and cool down routines must contain the following elements:
- Cardio/Aerobic elements (i.e., walking or jogging)
- Stretching (dynamic and/or static)

Be sure to keep the FITT formula in mind!

**Physical Activity/Exercise/Game:** __________________________________________

**WARM UP**

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**Estimated length of activity time:** ________________________________________

**COOL DOWN**

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Lesson Two: Warming Up & Cooling Down

FITT TIP!
Be sure to include some of these activities in your warm up and cool down routine!

DYNAMIC STRETCHING EXERCISES
✓ Mountain Climbers
✓ Frankenstein Walks
✓ Walking Lunges
✓ Side Lunges
✓ High Knee Walks
✓ Glute Bridge
✓ Jumping Jacks
✓ Butt Kicks
✓ Squat Jumps
✓ Grapevine
✓ Arm Circles

STATIC STRETCHING EXERCISES
✓ Shoulder Stretch (Arm Across)
✓ Neck Stretch
✓ Knee to Chest Stretch
✓ IT Band Stretch
✓ Hip Flexor Stretch
✓ Quadricep Stretch
✓ Hamstring Stretch
✓ Calf Stretch

EXIT TICKET
1. How long does a typical warm up routine last? ________________________________

2. What are the two types of stretches? What is the difference between them? __________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

3. What are some benefits of a warm up before a workout? __________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

4. What are some benefits of cooling down after a workout? _______________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

5. How long should cool down routines last? ________________________________

6. Name the four components of the FITT Principle: ________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
Lesson Two: Warming Up & Cooling Down

FAVORITE NON-FOOTBALL ACTIVITIES

- **Canoeing**
  
  #93 Trent Murphy  
  Defensive End

- **Ping Pong**
  
  #5 Tress Way  
  Punter

- **Walking My Dogs**
  
  #91 Ryan Kerrigan  
  Linebacker