



BRIAN DANLEY FITNESS

BENEFITS OF WARM-UP AND COOL-DOWN

WARM-UP (5-10 MINS):

- * INCREASED MUSCLE TISSUE TEMPERATURE
- * INCREASED BLOOD FLOW TO THE EXTREMITIES
- * INCREASED OXYGEN TO MUSCLE TISSUE
- * INCREASED HEART RATE
- * INCREASED METABOLIC RATE
- * INCREASED CONNECTIVE TISSUE EXTENSIBILITY
- * INCREASED MOVEMENT COORDINATION
- * INCREASED JOINT ROM DUE TO LUBRICATION
- * INCREASED MUSCULAR CONTRACTION / RELAXATION
- * DECREASED CARDIOVASCULAR ABNORMALITIES
- * DECREASED RISK OF MUSCULOSKELETAL INJURY

COOL-DOWN (5-10 MINS):

- * INCREASED VENOUS RETURN FROM THE EXTREMITIES
- * DECREASED BODY TEMPERATURE
- * DECREASED METABOLIC RATE
- * DECREASED HEART RATE
- * INCREASED BODY HEAT DISSIPATION
- * INCREASED LACTIC ACID REMOVAL
- * DECREASED CARDIOVASCULAR ABNORMALITIES
- * DECREASED MUSCLE SORENESS
- * DECREASED MUSCLE STIFFNESS