

Exercises for Sports People

Why Warm up?

- Blood vessels dilate to increase blood flow to working muscles
- Increase range of movement to avoid stress and strain on muscles
- To prepare mentally and physically for exercise
- To gradually increase heart rate before exercise
- Facilitate oxygen use by working muscles

Stretching: dynamic stretches are more beneficial before exercise to reduce muscle stiffness.



Why Cool Down?

- To aid the dissipation of lactic acid and other waste products
- To reduce delayed onset of muscle soreness (DOMS)
- To reduce the chance of fainting or dizziness due to venous pooling
- To allow heart rate to return to resting
- To reduce the level of adrenaline in the blood

Stretching: static stretches are more beneficial after exercise to help muscles relax and re-align muscle fibres. Hold stretches for 20-30 seconds.

