

Exercise Basics  WARM-UP	<b>PHOENIX FIRE DEPARTMENT HEALTH &amp; FITNESS</b>  M. P. 1-A04.03 01/1998-N Page 1 of 1
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## PURPOSE

Before participating in any physical activity whether it be physical fitness or training, a warm-up period needs to be observed. The purpose of the warm-up is to prepare the body for the demands of physical exertion. The warm-up increases heart rate, blood flow to skeletal muscle, and respiration's, while at the same time relaxing and increasing the range of motion in the joints and assisting with the mobilization of energy stores. The net effect is an increased level of performance as well as a decreased risk for injury.

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## INTENSITY

The intensity of the warm-up is measured by two benchmarks.

- Heart rate should be elevated to 100-120 beats per minute.
- A light sweat should be experienced.

Remember the warm-up is designed to prepare the body for physical exertion, not to replace it.

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## ACTIVITIES

The type of activities performed may vary, but fall into a general category called whole body activities. Whole body denotes that the activities involve the major muscle groups of the body. Aerobics and calisthenics are excellent example of whole body activities that are familiar to most. It is also recommended that if possible the activity should mimic the event to follow. For example, before running a good warm-up would be a slow jog.

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## TIME ALLOTMENT

The warm-up period requires a minimal investment of time, approximately 5-10 minutes.