ACTIVE-DYNAMIC WARM-UP

The preparation for elite competition begins with training: on the ramps, in the gym, on the road, and on the hill. But each training session begins with its own task: active-dynamic warm-up, to prepare your body for the exercise to take place.

Essentially, Active-Dynamic Warm-Up is a signal to your body that you’re beginning an exercise bout.

Dynamic warm-up has two main goals:
1. Improved performance
2. Injury prevention

Active-dynamic warm-up accomplishes some very important things:

- Increased breathing and heart rate – delivers more oxygen and nutrients to working muscle
- Increased muscle temperature – warmer muscles are more elastic and produce more force
- Initiate sweating – regulate body temperature for steady performance
- Increased metabolic rate – initiating and increasing aerobic metabolism to provide fuel for exercise
- Exciting the nervous system – “ramping up” your nervous system for maximal response
- Moving muscles and joints – moving through progressively greater ranges of motion to help prevent injury
- Specific mobility exercises – these have the ultimate goal of correcting imbalances or asymmetries to improve range of motion, balance, coordination, and strength, and prevent injury.

What goes into a warm-up?

- **Cardio** = start with light activity to ramp up heart rate, breathing, metabolism, and sweating
- **Active** = deliberate physical activity by the athlete
- **Dynamic** = centered around movement and activity (as opposed to Static stretching)
  - Lower body – hips, knees, ankles
  - Upper body – torso, shoulders, wrist, and neck
  - Core – trunk and hips