

Max's Mighty Warm-Up Guide

Get Moving, Get Ready: Max the Monkey's Guide to a Perfect Warm-Up!

- Pulse raisers like jogging or skipping help to gently increase your heart rate and body temperature.
- Dynamic stretches, such as leg swings or arm circles, help to move your joints through a full range of motion.
- A good warm-up should last between five and ten minutes to ensure your muscles are fully prepared for sport.
- Always focus on the specific muscles you will use most during your activity, such as your legs for sprinting.
- Warming up helps to reduce the risk of strains and sprains, keeping you safe and active on the field.

Did you know? Did you know? Warming up is like preparing a machine for a long journey. By slowly increasing your heart rate, you send more oxygen-rich blood to your muscles, which makes them more flexible and ready to work hard without getting hurt!

Key vocabulary: Pulse raiser · Dynamic stretching · Flexibility · Heart rate · Injury prevention · Mobility