

Max's Mighty Warm-Up Guide

Get Ready, Get Steady, Get Moving!

- Why is it important to perform pulse-raising activities, such as jogging or skipping, at the start of a session?
- How do dynamic stretches, like arm circles or leg swings, prepare your joints for more intense movement?
- In what way does increasing your heart rate help oxygen travel more efficiently to your working muscles?
- Why should a warm-up always be specific to the sport or activity you are about to perform?
- How does a proper warm-up routine act as a protective barrier against potential muscle strains and injuries?

Did you know? Did you know? When you warm up, your body temperature rises, which makes your muscles more pliable—a bit like how a stick of modelling clay becomes easier to stretch and shape once it has been warmed in your hands!

Key vocabulary: Pulse raiser · Dynamic stretching · Circulation · Flexibility · Muscle engagement · Core temperature