

Warm-up

The whole purpose of a warm-up is to prepare the body for an upcoming bout of exercise. Although there are many effects of a warm-up, most of the mechanisms are thought to relate to an increase in body temperature due to the onset of activity; hence the term warm-up. However, temperature related factors are not the only mechanisms; other factors include; elevations in the mental preparedness and/or increases in the activity of the nervous system (sometimes known as post-activation potentiation).

Different beliefs about the contributing mechanisms have led to two major classifications of warm-up being defined; those that include exercise and those that do not. In most sports, active warm-ups (i.e., those that require participation in exercise) are commonly used. However, due to the concern that too much energy may be used in the warm-up (which may impair subsequent performances), the warm-up has to be structured in such a way that produces benefits (i.e., both physically and mentally) without compromising competitive performance; this is especially important in longer duration events.