

## WARMING UP. STRUCTURE AND PREPARATION



### GENERAL WARM-UP

A set of generic exercises aimed at activating all the organic systems involved in physical activity. This set of exercises does not vary much according to the type of subsequent activity, as it is generic. It has two distinct parts:

- **Cardiovascular activity:** these are a set of exercises that increase body temperature and the activity of the cardiovascular system. For example, continuous running, pursuit games, dancing exercises, ...
- **Joint mobility:** This consists of mobilising all the joints of the body following an order (up-down or vice versa). For example: rotations, twists, forward and backward movements, ...



Cardiovascular and joint mobility activities can be carried out together by means of different types of movement.

### SPECIFIC WARM-UP

It serves as preparation for the physical-sports activity that will follow.

- **Muscular preparation:** Exercises that work on the elasticity and contraction of the muscle groups that will be involved in the subsequent physical-sports activity. For example: Pulling or pushing games, self-loads, opposition games, displacements, ...
- **Technical preparation:** These are those specific to the sport in question. For example: starting blocks for a sprinter, shots for a basketball player, serves for a tennis or volleyball player, etc.



### CALM DOWN

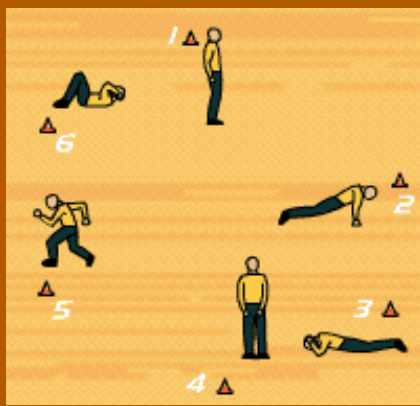
Just as it is essential to start a physical activity progressively, it is also necessary for our organism to return to calmness little by little after it and not abruptly, which is why it is absolutely necessary to carry out:

- **Muscle flexibility exercises:** these will help the muscles to return to their initial state of tension.
- **Relaxation and breathing exercises:** These help to reduce muscle tone even further.





# CREATE YOUR OWN CIRCUIT TRAINING



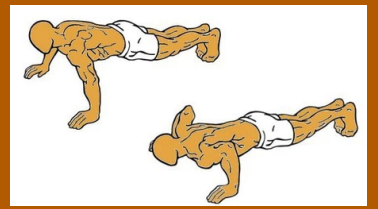
## What's a circuit training?

Is a combination of six or more exercises with short rest periods between them for either a number of repetitions or prescribed amount of time.



## Endurance, strength, ...?

Circuit training is a good way to improve your endurance or strength capacity, depending on your goal.

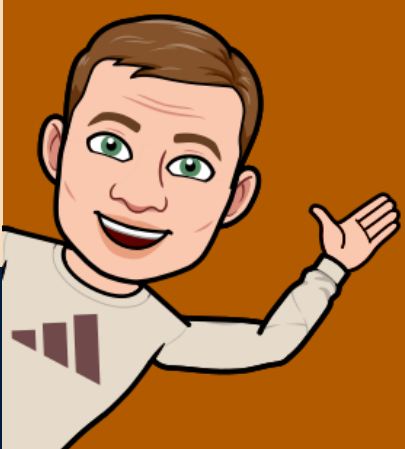


## Structure


Circuit training will usually involve 6-12 exercises and should be structured in a way that enables you to keep performing the exercises with good technique and very short rest intervals

## Rules to create your own circuit training

1. Select your goal (for example: Strength)
2. Prepare at least six exercises
3. Select the appropriate equipment (rope, medicinal balls, elastic bands, benches, ...)
4. You should include exercises for the whole body
5. Choose between time or repetitions (No more than 1 minute. It depends on your own goal)
6. Select the number of sets of the circuit (2-4 sets, depending on your own goal).



# LET'S GO!

MAIN GOAL:	SETS:	TIME OR REPETITIONS:	EQUIPMENT:
EXERCISE	PICTURE	EXERCISE GOAL	MAIN MUSCLES
<b>Example.</b> Squats		To improve leg strength	Cuadriceps
1.			
2.			
3.			
4.			

EXERCISE	PICTURE	EXERCISE GOAL	MAIN MUSCLES
5.			
6.			
7.			
8.			
9.			
10.			