

Warm-up Exercise

Warm-up exercises consist of two parts:

1. Joint mobilization exercise

This involves joints movement such as rotation. The movements help to lubricate your joints and will allow your joints to function more effectively when you participate in athletic activities.

2. Aerobic exercise

You should engage in 15-20 minutes of cardiovascular exercise such as jogging. This helps to increase your core body temperature and cardiovascular output. Your muscles will be more flexible; you will perform better and be less likely to get injured from exercise.