

Name _____

Prep and Recovery: The Marvelous Benefits of Warm-ups and Cool-downs

Short Answer

1. Explain why it's essential to gradually increase the intensity of your warm-up exercises.
2. Name one low-intensity activity that can be included in a cool-down routine.
3. How can warm-ups help improve muscle flexibility?
4. What is the significance of static stretching during the cool-down phase?
5. Why is mental relaxation and reflection included in both warm-ups and cool-downs?

