

Warm Up & Cool Down

Body & health

What each is for, and why static stretching before exercise is out of favour.

Warm up — dynamic

- Raise heart rate gradually, 5–10 min
- Move joints through their full range
- Leg swings, arm circles, lunges
- Rehearse the movements you are about to do
- Static holds before power output can reduce it

Cool down — static

- Gradually lower the heart rate
- Hold stretches 30 seconds
- Target what you just worked
- Helps flexibility over time
- Does not prevent next-day soreness

THE DIFFERENCE THAT MATTERS

Neither reliably prevents injury on its own. Gradual load progression does far more than either.

Delayed onset muscle soreness peaks 24–72 hours after unfamiliar effort. Stretching does not prevent it.