



Warming up for Cold Weather Exercise

Winter is officially here! While most people have chosen to look to a treadmill or other cardio machines there are still a large part that still brave the elements. A proper warm up is critical for maximizing your workout and it is even more important when it is cold outside.

An effective warm up has 3 main categories:

Mechanical- dynamic flexibility and movement generate heat, raising blood temperature of tissues and blood.

Physiological-warmer muscles are more flexible, faster to react, and are more explosive, plus neuromuscular coordination also improves after a good warm up.

Psychological- musculature that is warm increases the body's hormonal and neurological channels to ensure the body is prepared for work.

An effective warm up should not feel easy, you should be sweating prior to your activity. This will lengthen the muscles, tendons and tissues in all areas; not only helping with prevention of injury, but giving the muscle the ability to generate force and react more efficiently. This is very important in cold weather exercising where cold muscles do not absorb shock or impact as well as a warm muscle.

An effective warm up should include the following:

- 3-5 minutes of increasing body's temperature
- Dynamic flexibility

Example warm up(in order):

Body weight squats x20

Pogo Hops x20

Forward lunge with rotation x10 each side

Seal Jacks x20

Reverse lunge and reach over the top x10 each side

Skipping Forward x10yds

Inchworm x10yds

Skipping Backward x10 yds

Jumping jacks x20

Carioca x10 yds each way

Gate swings x20

Leg Swings on Wall x10 ea

For more information on warm up exercises and videos please visit www.redefinewellness.com.

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