

## Why Warm Up and Cool Down

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- Even when doing a strengthening program doing some cardio work before and after is important. Cardio beforehand gets blood flowing through the whole body.
- It brings oxygen to help muscles perform better. A good warm up also loosens muscles, which means they won't get injured as easy.
- Cardio for a cool down again gets blood flowing. This carries away any waste that the muscles produce when they work and that can help prevent some post exercise soreness.

### What is the Core?

- The core is the very central part of the body. It keeps the spine stable.
- In its simplest form it is a cylinder.
- To keep the core evenly strong we strengthen muscles on all sides of the body – front and back, left and right. By combining muscles together in exercises keeps the core balanced. For example we exercise muscles on the front left and back right. As these muscles pull towards each other it stabilizes the area in between.

### Why we strengthen the Core

- If the core is weak your body is forced to use muscles that are not even part of the core to try and keep the spine stable.
- This takes away strength from muscles that could be used for athletic performance.
- A weak core prevents you from reaching your athletic potential.

A Strong Core Leads to a Strong Athletic Performance!