

Warm & Cool Down Strategies: 20/04/2020

Why is it important to follow warm up and cool down before and after training respectively.

In absence of Warm up , you will not be able to give your 100 percent and your performance will not be satisfactory. There will be more injuries.

If you don't perform a cool down then you'll have injuries and your performance will be affected.

Hamstring strain , elbow sprain, ankle sprain are a few examples of common injuries.

Warm up:

1. Improves blood flow, improves nutritional absorption by the muscles,
2. Increase core temperature
3. Enhances joint and muscle mobility
4. Achieve performance
5. Improves mental preparedness
6. Reduces injury risk
7. Improves coordination

All these are interconnected, injury will be less, continuity of your boxing profession will be longer and smooty

Importance of cool down:

1. Clears away lactic acid
2. Reduces muscle cramps, pain, injuries
3. Reduces the load on your vital organs and brings your vital to normal

Key elements:

Warm up:

RAMP : Raise HR, Activate muscles(hip, shoulder, pelvis), Mobilise joints(ankle, spine, to free the joints)
Potentiate muscles for boxing specific exercises (shadow,skipping)

Cool down:

Low intensity exercise, deep breathing , gentle and long-hold static stretching(30 sec), foam rolling(trigger point release, 1-2 minute, over hamstring, gluts), proper hydration.

Warm up: Minimum 10 mins

Dynamic stretching: do not hold the stretch rather move the joints in order to stretch the muscles with movement. Done during warm up. Mimic boxing.

Cool down: active is better, low intensity cycling, jogging, and later static ones.

Set your priorities

Q: How effective is yoga in cool down?

A: Very effective

Q: Ideal HR in warmup

A: Karvonen formula

Q: Does warm up vary with change in temperature (summer winter)?

A: Ofcourse, increase warm up time in winters

Q: How many stretches should we do in warmup?

A: 5-8 repetitions

Q: Jogging first or stretching first during warm up?

A: Jogging as it is for the heart and the stretch which is for the muscles

Q: Is theraband exercise good before warm up?

A: Ofcourse, to activate the muscles

Q: What needs to be done if muscle is pulled during warm up?

A: Stop and check if it's an injury and follow as per the medical advice.

