

June 2008

THE TAKE CONTROL Challenge



Congratulations to Michelle from Cascade EFC who is our overall winner!

We would also like to congratulate Robert (Cascade EFC) who lost 80 lbs!

Jeff's Training Tips

Types of Warm-Ups

A proper warm up is essential to the foundation of your exercise program. There are many ways to warm and everyone has their own personal preferences, but let's look at some different ways to get started before a workout session.

There are generally three types of warm ups: passive, general and specific. No matter which one you choose the general idea of warming up is to increase body and muscle temperature before physical activity.

Now, let me explain how to perform each warm up activity. Passive warm up consists of methods as hot showers, saunas, heating pads or massage. This is the least effective of the warm up activities. An advantage is that these procedures do not pre-fatigue you before your physical activity, so less energy is expended, leaving more energy for the task at hand. Sometimes the passive procedures may not be practical in certain settings.

The general warm up consists of basic activities that involve movement of major muscle groups that are going to be used during the physical activity. A general

warm up does a better job at increasing temperature, heart rate, blood pressure and breathing rate. Warm ups involving large muscle groups better prepare the body for movement and is more appropriate for readying the body for physical activity.

Last but not least is the specific warm up. This involves movements that are actually part of the physical activity. Examples would be performing light jogging before going out for a run or light repetitions on the bench press before progressing to the workout weight. A specific warm up is the most desirable because it increases the temperature of the specific muscles being used for the physical activity.

Enough said now get out there and warm up!!

Jeff Hosta
BS, CSCS

Stop by our Kentwood location to see our new additions!

In May 2008, the Kentwood location expanded it's club to add Group Exercise classes & Daycare! In addition to their current classes of Zumba, Yoga, and Pilates, they are adding BodyPump to their group class schedule.

**Stop by the club today!
Endurance Fitness Center of Kentwood
1421 60th Street SE
Kentwood, MI
www.EnduranceFitnessCenters.com/Kentwood**

ANNIVERSARY SPECIAL

**Renew now for 2 years
for only \$348**

See club for details

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TAKE CONTROL

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