

WARM-UP EXERCISES

In the photograph below, a cross-country runner is warming up for the start of a race. He does warm-up exercises not only before a big race, but also before every practice work-out. These exercises loosen up the muscles in preparation for the hard work they will be doing. This helps to prevent injury and the soreness that sometimes follows physical exercise.

Look closely at the positions of the arms, legs, and head as well as the angle of the back.

