A brief period of exercise that precedes a workout
- Usually light calisthenics or low-intensity exercises
- Often includes stretching
- Designed to elevate muscle temperance and increase blood flow to targeted muscles
- Reduces potential strain on the heart that would result from rapidly engaging in heavy exercise
- May reduce the risk of muscle and tendon injuries

**The Workout (Primary Conditioning Period)**

Major components are frequency, intensity, and time/duration, known as the **FIT principle**
- **Frequency** = amount of physiological stress (overload) placed on the body
  - Methods of measurement include heart rate, counting repetitions, or degree of tension in a stretch
- **Time/duration** = length of time actually performing exercise
  - Does not include warm-up or cool-down
  - 30 minutes per exercise session (at 3+ sessions per week) is minimum time necessary to improve fitness

**Cool-Down**
- A 5-15 minute period of low-intensity exercise immediately following the workout
- Lowers body temperature, and allows blood to return from the muscles to the heart
- Failure to redistribute the blood after intense exercising may cause fainting or lightheadedness
- Best method is to do low-intensity exercises using the same muscle groups used in the workout
- Example of a cool-down exercise: slow walking following a running workout