WARM UP

The reasons why we need to warm up before rehearsal or practice is so that we can:

• Prepare our bodies & minds for exercise
• Increases blood flow which warms our muscles
• To prevent any serious injury

Stages of warming up:

• Pulse raising: jogging in place, star jumps
• Stretching: moving or static stretches
• Mobilizing: movement of joints, shoulders/head/ankle rolls

COOL DOWN

The reasons why we need to cool down after rehearsal or practice is so that we can:

• Prepare our bodies & mind for stopping exercises
• Decreases chance of injury or muscle soreness & cramps
• Lowers the heart rate

Stages of cooling down:

• Gentle stretches
• Breathing exercises

BY READING THIS, YOU’LL HOPEFULLY UNDERSTAND THE BASIC PRINCIPLES OF SAFE PRACTICE WHEN REHEARSING.