

## 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.

# SAFE PRACTICE: REHEARSAL & PROCESS

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Page 1 of 1