YSS Warm Up / Cool Down Training

IMPORTANT:

•Take your time to practice each technique slowly.

•Slow and careful practice ensures safety.

•Taking the time to be precise with your technique will bring an improvement to your fitness and performance.

•Regular practice will bring you greater results.

USING THE SESSION AS A WARM UP:

•The Warm Up is an essential part of any training.

•It is a light activity which prepares both body and mind for the main activity ahead.

•The aim is to gently mobilize the joints and muscles, connect to your breathing and begin to coordinate the mind, body and breath.

USING THE SESSION AS A COOL DOWN:

•The Cool Down is a slower and gentler activity enabling the body to recover after exercise.

•The Cool Down is just as important as the warm up and is essential to prevent injury.

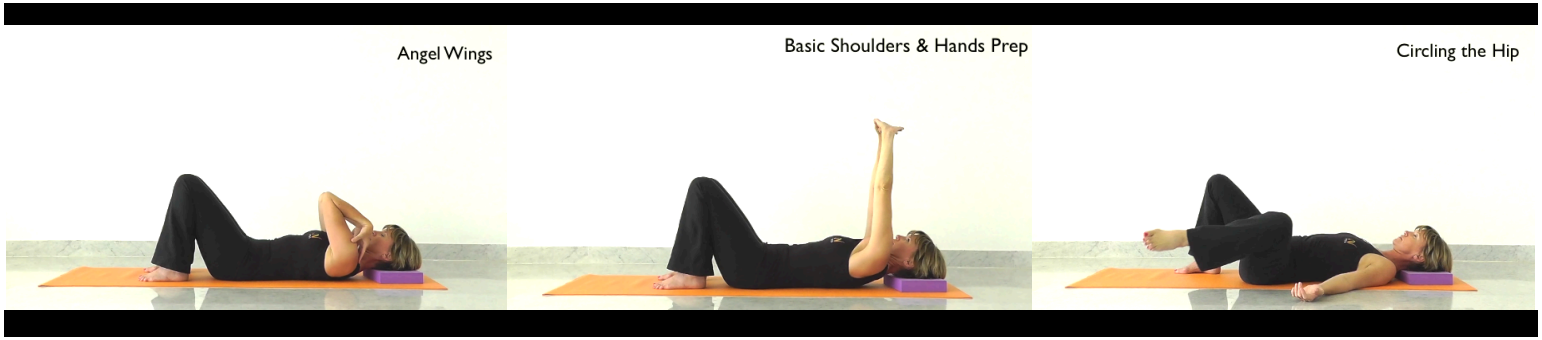
•The closing stage of the Cool Down should lead into your relaxation phase.

1. Minimum reps: **3**
   If it feels good, practice for longer.

2. Minimum reps: **3 either side**
   If it feels good, practice for longer.

3. Minimum reps: **3 circles both ways**
   If it feels good, practice for longer.

4. Minimum reps: **3 either side**
   If it feels good, practice for longer.



5. Minimum reps: **3**
   If it feels good, practice for longer.

6. Minimum reps: **3**
   If it feels good, practice for longer.

7. Minimum reps: **3 both ways**
   If it feels good, practice for longer.

YSS
yogasportscience.com

© The Institute of Yoga Sports Science 2018