**Overview – Chapter 8**

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**Summary**

**Structure of an Aerobic Workout/Class**

**Warm-Up** (5-10 minutes)
- prepares the mind & body for activity
- generally recommended; little scientific evidence that it helps performance/prevent injuries

Goals of a warm-up
- increase core body temperature by 1-2º
- lubrication of joints (stimulates secretion of synovial fluid)
- psychological benefit (mental preparation for upcoming demands)
- increase body awareness (posture & alignment)
- introduction to types of movements to be performed (i.e. step, kickboxing, etc….)

**3 Types of Stretches**

**Static**
- held stretch (without moving) for a minimum of 10 seconds
- “quiets” the stretch reflex
- recommended over ballistic stretch

**Ballistic**
- bouncing/pulsing stretch that may induce stretch reflex *(causes the muscle to contract)*
- may improve flexibility

*BUT* - *it may elicit stretch reflex & increased potential to injure muscle/connective tissue*

**Proprioceptive neuromuscular facilitation (PNF)**
- originally developed as a rehabilitation tool
- must effective type of stretch
- requires a trustworthy/patient partner and time
- may result in muscle soreness

**Passive Stretch** – partner/gravity assisted stretch

**Active Stretch** – contract one muscle in order to stretch another

**Aerobics** (20-30 minutes)
- main emphasis on workout “continuous movement”

**Cool-Down** (5-10 minutes)
- arm movement should be kept below heart level in order to < heart rate

**Helps to:**
- prevent blood pooling
- prevent muscle soreness
- promote faster removal of metabolic waste

**Body Toning/Conditioning (muscle strength/endurance)** (5-20 minutes)
- may follow either warm-up or the cool-down
- emphasis on muscular strength and endurance

**Flexibility** (5-10 minutes)
- prepares the body for rest
- comprised of slow, sustained stretches

**Relaxation**
- inclusive of breathing techniques and active or passive relaxation activities