

LABORATORY 2.1



Complete Lab 2.1 online at
www.pearsonhighered.com/powers.

Name _____ Date _____
Instructor _____ Section _____

Warming Up

Use the following activities to warm up your body for aerobic activities such as jogging, walking, or cycling. Perform the stretching exercises slowly, holding each stretch for 20 to 30 seconds. Do not bounce or jerk the muscle. Do each stretch at least once and up to three times.

CARDIOVASCULAR WARM-UP

Walk briskly or jog slowly for 5 minutes.

STRETCHES

Calf Stretch for Gastrocnemius and Soleus

Stand with your right foot about 1 to 2 feet in front of your left foot, with both feet pointing forward. Keeping your left leg straight, lunge forward by bending your right knee and pushing your left heel backward. Hold this position. Then pull your left foot in slightly and bend your left knee. Shift your weight to your left leg and hold. Repeat this entire sequence with the left leg forward.

Scan to view a demonstration video of the calf stretch. ▶



Sitting Toe Touch for Hamstrings

Sit on the ground with your right leg straight and your left leg tucked close to your body. Reach toward your outstretched right foot as far as possible with both hands. Repeat with the left leg.

Scan to view a demonstration video of the hamstring stretch. ▶



Step Stretch for Quadriceps and Hip

Step forward and bend your front knee about 90 degrees, keeping your knee directly above your ankle. Stretch the opposite leg back so that it is parallel to the floor. Rotate your hips forward and slightly down to stretch. Your arms can be at your sides or resting on top of your forward thigh. Repeat on the other side.

Scan to view a demonstration video of the hip flexor stretch. ▶



Leg Hug for the Hip and Back Extensors

Lie flat on your back with both legs straight. Bending your knees, bring your legs up to your torso, and grasp both legs behind the thighs. Pull both legs in to your chest and hold.

Scan to view a demonstration video of the knee-to-chest stretch. ▶



Side Stretch for the Torso

Stand with feet shoulder-width apart, knees slightly bent, and pelvis tucked under. Raise one arm over your head, and bend sideways from the waist toward your raised arm. Support your torso by placing the hand of your resting arm on your hip or thigh for support. Repeat on the other side.

Scan to view a demonstration video of the side stretch. ▶



You can also repeat these same exercises after a workout to cool down.

1. Did you notice an increase in heart rate during the cardiovascular warm-up? _____
2. In which stretch did you feel the most tightness? _____
3. Do you think the sample warm-up is adequate for the activities you plan to do as part of your exercise program? If not, what exercises would you add?

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.