

IS A WARM UP NECESSARY? | PULSE FITNESS

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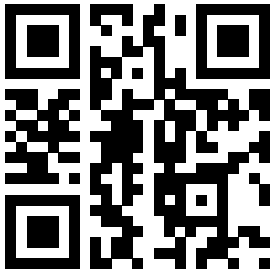
Phone:

Address: Scottsdale, Arizona, United States

Price: Check with seller

Description:

Today I want to talk about the importance of a proper warm up and why we here at gyms in scottsdale stress the importance of completing the warm up in its entirety. It is important for us all to understand that stretching and a warm up routine are not the same, and the warm up routine should be performed first, followed by stretching. Too often, athletes show up late to a group workout and just jump in on the main workout routine with no warm-up.



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