



Preparation to Attempt the Execution of the Inuit Games

Warm-Up and Stretching

Before any physical efforts, a warm-up is required. The first step, regardless of the effort about to be produced, is to stimulate the elevation of the heart rate, and then followed by a systematic elevation of the body temperature. We can also add a series of exercises, flexion and extension of the body's limbs to stimulate muscles innervation. Only at this point comes the most common, stretching. There is static stretching, where the limbs are in a steady position for the muscles to lengthen and as for the dynamic stretches, the muscles lengthen while the limbs are in motion. Both of them can be matched to produce a neurological response that is complete.

The introduction of the warm-up can be a few minutes of low-level intensity activities: jogging, playing a game, breathing control exercises, walking fast and more. However, really avoiding pure anaerobic activities due to muscle fatigue (lactic acid), risk of developing joint irritation or muscle pulls is what is key before introducing vigorous efforts. It is important to keep in mind that the brain is a part of the body that needs to be prepared, in order to support and initiate proper mechanical stimulation/ apprehension.

The duration of a warm-up goes with the degree the body will be tested or put under stress. Some will do 5-7 minutes of continuous activity, dynamic stretches. Others will go for a total of 10-15 minutes, that includes a low level of activity for 3-5 minutes, followed by a 5-7 minutes of stretches and introduction of a 3-minute dynamic stretch routine to stimulate the nervous system. Regardless of the approach, the warm-up as many segments, and can go as far as 45 minutes to an hour depending on the sport or physical activity.

Muscles/Stretching Exercises – To consider during the warm-up phase

Trapezius – Deltoid, Wrist Flexors – Biceps, Pectorals – Biceps, Assisted Triceps, External Oblique (Rib Cage), External Oblique (Rib Cage), Assisted Pectoral-Biceps, Arm-Pectorals, Arm-Pectorals-Dorsal-Hamstrings, Hamstrings Gluteal-Dorsal, Calf Muscles-Achilles Tendon, Groin-Hamstring-Lower Back Groin, Hamstring (Oblique)-Reverse Hurdler, Adductors (assisted), Trunk-Hip-Glutes-Neck Rotators, Assisted Hamstring-Glutes, Lower Back-Hip Extensors, Ankle Flexor and Extensor, Quadriceps (Floor or Standing or Assisted)

A warm-up is never complete without introducing some characteristics of the event, or effort to achieve or challenges to face.

In relation to the Inuit Games, following what was said above, some calisthenics and plyometric exercises need to be executed in order to prepare the body for the impact/stress it is about to face: Push-ups, sit-ups, chin-ups, planks, single/double leg bounding, alternate bounding, etc. Let the games begin!