

# ACTIVE AND DYNAMIC WARM-UP

## BENEFIT OF A PROPER ACTIVE AND DYNAMIC WARM-UP

Examine and demonstrate the benefit of a proper active and dynamic warm-up. This is the foundation on how to get faster in your athletic and sports competition pursuits.

**Michael Mitchell**

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Michael Mitchell has been in the fitness industry for over a decade and has trained athletes from Division I Football and Basketball. He has also trained professional athletes from the Canadian Football League, National Hockey League and Major League Baseball.