

Warm-up and Re-warm-up Insights into Resistance Training: Usual Practices among Strength and Conditioning Coaches and Athletes



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Warm-up and/or Re-warm-up in Gym/Fitness Center Context

If you are a strength and conditioning coach or athlete, you are invited to participate in this questionnaire. Its main objective is to characterize the warm-up and re-warm-up strategies currently used in resistance training by coaches/athletes. This questionnaire is part of a scientific investigation conducted by XXXX, a Ph.D. student in Sports Sciences at the XXXXXX (XXX). The present study aims to gather information on the importance, structure, load, and context of warm-up/re-warm-up applications. The questionnaire is anonymous, and the collected data will be used exclusively for research purposes.

We appreciate your participation in advance!

Estimated completion time: Less than 10 minutes.

For any additional clarification, you may contact us via email at:

xxxxxxx@hotmail.com

Informed Consent for Participation in Research Studies

By completing this questionnaire, I understand that:

1. Participation in this study is voluntary, and I may withdraw at any time.

2. No advantages, disadvantages, costs, or risks are expected during participation.

3. The collected data will be deleted after the study's completion and presentation.

4. The results may be published, but anonymity will be preserved.

Email: _____

I. Demographic Data

Age (years): _____

Sex:

- ☐ Male
☐ Female
☐ Other

Location: _____

Academic Qualifications:

- ☐ High School
☐ Bachelor's Degree
☐ Master's Degree
☐ Ph.D.
☐ Other

Field of Academic Qualifications:

- ☐ Sports Sciences/Sports
☐ Other: _____

Role:

- ☐ Coach
☐ Athlete
☐ Both

Years of experience as a coach/athlete: _____

Sport(s) you practice: _____

II. Warm-up Characterization

How important do you consider warm-up is for your training?

- ☐ Very Important
☐ Important
☐ Slightly Important
☐ Not Important

Do you usually perform a warm-up before resistance training?

- ☐ Yes
☐ No

If yes, how do you structure your warm-up? (if not, leave blank)

- ☐ Only general warm-up (non-sport-specific exercises, such as light jogging, joint mobility, or dynamic stretching)
☐ Only specific warm-up (exercises directly related to strength training, such as sets with reduced load or movements similar to the main workout)
☐ Both (general + specific)

What are the main objectives of your warm-up? (you can select more than one option)

- ☐ Increase body temperature
☐ Improve mobility and flexibility
☐ Activate specific muscle groups
☐ Prevent injuries
☐ Enhance training performance
☐ Other

What is the average duration of your warm-up?

- ☐ Less than 5 minutes
☐ 5-10 minutes
☐ 10-15 minutes
☐ More than 15 minutes

What is the intensity of your warm-up?

- ☐ Low (up to ~40% 1RM | up to ~50% HRmax | Very light perceived effort)
☐ Moderate (~40-70% 1RM | ~50-70% HRmax | Moderate perceived effort)
☐ High (above 70% 1RM | above 70% HRmax | High perceived effort)

If possible, specify the intensity of your warm-up (% of 1 RM, HRmax, RPE, etc.):

What types of exercises do you include in your warm-up? (you can select more than one option):

- ☐ Cardiorespiratory (running, cycling, etc.)
☐ Joint mobility
☐ Dynamic stretching

- ☐ Specific training exercises
☐ Muscle activation with light loads
☐ Other

Is there a gap between the warm-up and the start of the main workout?

- ☐ Yes
☐ No

If yes, what is the average during of this gap?

- ☐ Less than 2 minutes
☐ 2-5 minutes
☐ More than 5 minutes

Do you perform a warm-up for all types of strength training?

- ☐ Yes
☐ No

If not, in what situations do you choose not to warm up? _____

III. Re-warm-up

Do you usually perform a re-warm-up between sets or exercises?

- ☐ Yes
☐ No

If yes, in what situations do you consider a re-warm-up necessary?

- ☐ High-intensity training ($\geq 85\%$ 1RM | $\geq 90\%$ HRmax | Maximum or near-maximum effort)
☐ Training with long rest intervals (> 2 min between sets | > 5 min between exercises)
☐ When there is a long break in training (> 10 min without activity)
☐ After changes in exercises or equipment (exercises with very different movement patterns)
☐ Other

How do you perform the re-warm-up? (you can select more than one option)

- ☐ Bodyweight movements
☐ Specific training exercises
☐ Sets with reduced load
☐ Dynamic stretching
☐ Other

If not, what is the main reason for not performing a re-warm-up?

- ☐ I consider it unnecessary
☐ Lack of time during training
☐ I don't see an impact on performance
☐ It has never been a practice I've adopted
☐ Other

In what situations would you consider including a re-warm-up?

- ☐ Training with long pauses between sets (> 2 min between sets | > 5 min between exercises)
☐ Increasing load during training (progression to $\geq 85\%$ 1RM | Near-maximum effort)
☐ When necessary to avoid performance loss (long breaks > 10 min | Maintaining muscle activation)

- ☐ I do not consider it necessary in any situation
- ☐ Other

Initial Part (general activation)
Main Part (specific exercises)
Final Part (transition to the main workout)
Other:

IV. Example of a Typical Warm-up

Describe a typical warm-up you use, divided into:

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