Ten minutes of walking, biking or jogging gets the heart circulating blood around the body while simultaneously warming up the often-overlooked leg muscles. Most of the time, the approach to the crag will suffice, but for roadside attractions or gyms, try to spend at least five minutes on your feet, walking around to check out different climbs or saying hi to friends. Some light cardio improves circulation and starts delivering blood and oxygen to all the muscles in your body, stocking them with the fuel necessary to perform.