During normal activities, less blood goes to your muscles For Example, at rest, 20 percent of your blood flows to the muscles. When you exercise or engage in vigorous sports, the blood flow is redistributed. To sustain the activity, more blood must flow to working muscles. During maximum exertion, as much as 88 percent blood many flow to your active muscle. Our nervous system prepares the body for vigorous activity or exercise by secreting hormones that dilate arteries and veins to allow more blood to flow through the small vessels in your muscles the capillaries. The increased flow of blood increased oxygen exchange, and the removal of head and metabolic wastes.

This redistribution of the supply of blood cannot occur instantly. It takes several minutes. In fact we must facilitate this process of blood redistribution by gradually increasing the intensity of our exertion.