

STRENGTH WARM-UP

Optimize your body for the work you are about to do! DON'T SKIP YOUR WARM-UP!

The purpose of the warm-up is to increase core body temperature and prime the body for the work to come. It can be done in 10-12 minutes at a 5/10 RPE for each item. Add light aerobic activity such as Z1/Z2 running or easy spinning in the warm up to get in a few miles.

1 FOAM ROLLING / SOFT TISSUE 2-MINS

Facilitate blood flow and movement in the joints.
Focus on a few areas for upcoming lifts, <30 seconds for each area. Consistency is more important than time. Use other implements, like a ball, and don't forget your upper body.

2 DYNAMIC MOVEMENTS 1-MIN

Increase the muscle length by moving in and out of the range of motion.
Many options like leg swings, arm circles, side bends, lateral or walking lunges or shoulder rotations - think moving stretch. Choose a few that address fit the upcoming session.

3 CORRECTIVE EXERCISE 2-MINS

Address injuries or limiters.
There are endless corrective exercises, so target this to your needs, such as shoulder mobility or low back pain? Think PT exercises. Not sure? A great cover-all-bases option is the Bird Dog.

4 MUSCLE ACTIVATION 2-MINS

The brain and body work together through specific muscle contractions.
Practice bracing techniques to get the trunk ready to support your body - bridges, bird dogs, clamshells, monster walks, plank, side plank, dead bug. Deep breathing here! 5-10 reps 1-2 sets.

5 UNLOADED MOVEMENT PREP 30-SECS

Grease the movement pattern and range of motion. The practice swing.
A few reps with just bodyweight mimicing the same or similar movement to your big lifts that day. For example, if you've got deadlifts coming up, perform a few smooth hip hinges first.

6 CNS (CENTRAL NERVOUS SYSTEM) ACTIVATION 1-MIN

Warm up the brain and spinal cord to optimize power and strength.
Explosive movements like plyometrics, jump squats, med ball throws, seal jacks, or broad jumps.
Not to fatigue and directed toward the upcoming big lift. Do 1-2 sets of 2-8 reps

Your warmup can become your own as you discover what makes your body feel ready to go. If you are injury-free and feel like the warm-up takes too much "gym time" you can move the soft tissue work to the evening - make sure it happens within the day.