

# THE ULTIMATE GUIDE TO WARMING UP

Warming up is critical. It prepares your body for your workout and helps prevent injuries.

There are two types of warm-ups we use with our Coaching Clients.



# GENERAL DYNAMIC WARM-UP

## BENEFITS

Increases bloodflow to your muscles. Primes your central nervous system for movement.

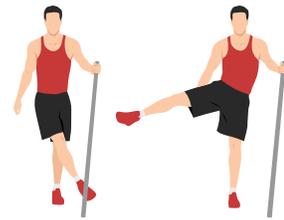
SOME OF OUR FAVORITE EXERCISES:



Arm Circles



Hip Circles



Leg Swings



March  
/ Jog in Place



Step Jack  
/ Jumping Jack



Supine Knee Hugs  
/ Walking Knee Hugs



Floor Slides  
/ Wall Slides



T-Rotation  
/ Lunge to T-Reach



Down Dog  
/ Inchworm

Do these for 30s to 1min each. You can pick and choose the exercises that help you feel your best, or go through the whole circuit. It's totally up to you.

Focus on the technique of each movement, instead of speeding through it (that's why we like doing it to a timer, so you aren't focused on getting through the reps as fast as possible.)

We want to find that sweet spot of about 5 minutes of a dynamic warm up ~ just enough to get you prepped and ready to go without draining you before your workout even starts!

# EXERCISE SPECIFIC WARM-UP

## BENEFITS

Equally, if not more important, than the general dynamic warm-up.

The exercise specific warm-up prepares your muscles and connective tissue for the specific activity you are about to do. It also allows you to practice technique at lower intensities, which is helpful not only for warming up, but for improving your form.

## OUR RECOMMENDED PROTOCOL

Pick a much lighter weight/variation of the exercise you are planning to do (something you could do for ~20 reps.) **Perform that lighter variation for 8 reps.**

*Example: Maybe you normally do push ups from the floor in your workout. For your warm-up, you may do push-ups off of a countertop.*



8  
Reps of  
lighter  
variation

Then pick something you could do for ~10 reps.  
**Perform that moderate variation for 4 reps.**

*Example: In the same vein, if you are doing push-ups for your workout, maybe you do knee push-ups for this warm-up set.*



4  
Reps of  
moderate  
variation

Make sure to rest after your warm-up sets until you feel primed to go again.

Then move into your full exercise at the intensity you have planned.

**Note: This sequence isn't written in stone. If you need to add an additional warm-up set to feel ready, go for it!**