

❖ DYNAMIC WARM-UP

Back in the day, you may have learned to warm up for exercise with a little cardio followed by static stretching. Recently, science has moved from the lab to the workout room, and it is now clear there are better ways to prepare your body for exercise. A little cardio is still a good idea – it will help you begin to shift your blood from the center of your body out to the working muscles of the arms and legs. It will also raise your core temperature slightly and generally “warm” the muscles. Static stretching, where you “hold” the stretch, is not the best way to prepare the muscles and joints to move through full, dynamic ranges of motion like they will do in the weight room. Static stretching has even been shown to reduce the amount of weight you can lift when you train – not a good thing when you are trying to get stronger!

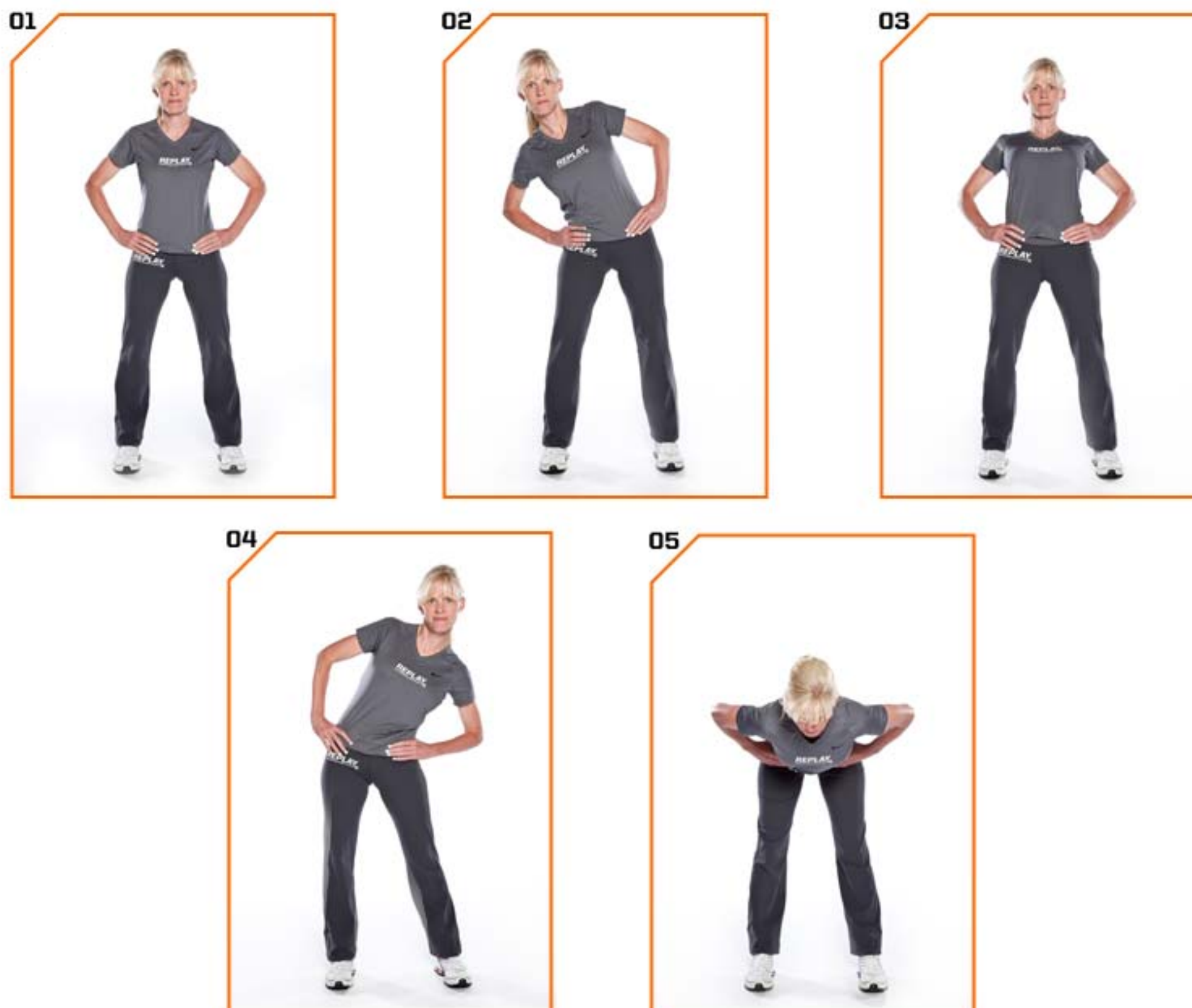
A dynamic warm-up, also called “movement prep,” prepares the body through movement – and targets the areas that will be used in the upcoming workout. By focusing on the foot/ankle, hips and thoracic spine (mid back), a dynamic warm up helps prepare your body to move freely and get ready for the challenges associated with lifting weights. If you plan to do squats, include a body weight movement pattern that “looks like” a squat before you pick up heavy weights. Or, if a bench press is part of your workout plan for the day, include a movement that opens the chest by swinging the arms. Save the static stretching for the end of the workout, when you’ll be able to lengthen the muscles that have been contracting (shortening) while you train.

DYNAMIC WARM-UP

MOVEMENT	TIME	INT	RIBS	
Trunk Circles	10 e	na	ETO	ABBREVIATIONS KEY RIBS — Rest in between sets ETO — Exchange time only (time it takes to set up and begin next movement) INT — Intensity (see intensity scale) s — seconds e — each EE — Exercise execution EO — Exercise optimization
Body Weight Squat and Good Morning Combo	10 e	na	ETO	
Stretch-lunge Combo	10 e	na	ETO	
1-Leg Shoulder Series	10 e	na	ETO	
Half-jack with Skip	30 s	na	ETO	

❖ TRUNK CIRCLES

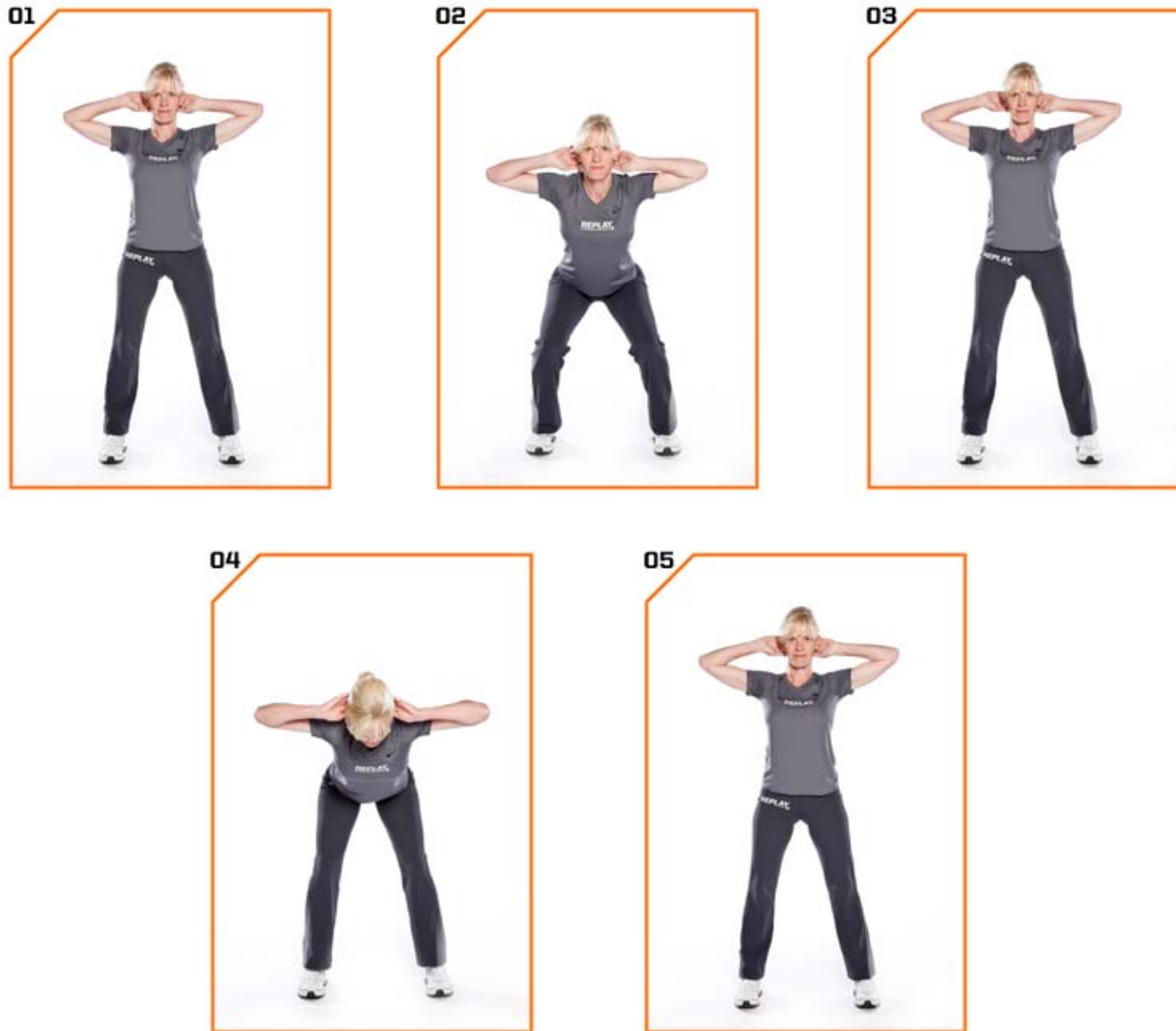
EE: Stand tall with feet parallel, slightly wider than hips; move upper body around in large circle, keeping hips in place; switch directions.
EO: Keep abs tight and space between ribs and hips; focus on full range of motion to use the entire midsection.



BODY WEIGHT SQUAT AND GOOD MORNING COMBO

EE: Stand with feet under hips and hands behind head; perform one perfect squat, then return to standing; press hips back with neutral spine; then return to standing.

EO: Keep feet flat on ground for both movements; keep abs tight with chest open and shoulder blades back.



STRETCH-LUNGE COMBO

EE: Take a long lunge step forward with right leg; reach right arm over knee to touch your elbow to your instep; hold stretch in hamstring; then shift weight to back leg by straightening front leg; hold stretch in hamstring.

EO: Overstride into lunge; keep abs tight and avoid rounding your back in both stretches.



❖ 1-LEG SHOULDER SERIES

EE: Stand on one leg; perform forward and backward arm circles, arm swings and arm chops; switch legs and repeat.
EO: Keep abs tight and stand tall by extending through the standing leg; focus on balance and full range of motion through the shoulders.



❖ HALF-JACK WITH SKIP

EE: Perform jumping jack action with feet combined with skip action at the top of the movement.
EO: Focus on having light feet while jumping and strong knee drive with skip action; flow quickly between movements to elevate heart rate.

