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Master the WARMUP

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When warming up

Aim of the warmup is?

Research says?

Functionality

The goals are

3 warmups that get results

Final thoughts



Definition



A] 'A warm up generally consists of a gradual increase in intensity in physical activity (a "pulse raiser"), joint mobility exercise, and stretching, followed by the activity. ... It is important that warm ups be specific to the activity, so that the muscles to be used are activated.' [Wikipedia](#)

b] 'A period of time at the beginning of an exercise session when you perform a lower intensity version of the same or similar exercise you plan to do during your workout. ... The purpose of a warm-up is to gradually increase your heart rate, breathing, and body temperature to prepare your body for more intense exercise.'

[Fitness Magazine](#)

Research findings



The paper “Acute effects of muscle stretching on physical performance, range of motion, and injury incidence in healthy active individuals: a systematic review” by David Behm, Anthony Blazevich, Anthony Kay and Malachy McHugh. 2015

“It is important for fitness professionals and enthusiasts, coaches, rehabilitation professionals and other scientists to critically assess the findings of fitness studies” says Dr. David Behm, Memorial University of Newfoundland and lead author of the study.

“Many studies over the last 15 years did not include a full warm-up, something that most athletes do regularly. Many studies also tested stretches that were held much longer than what is typically done.’

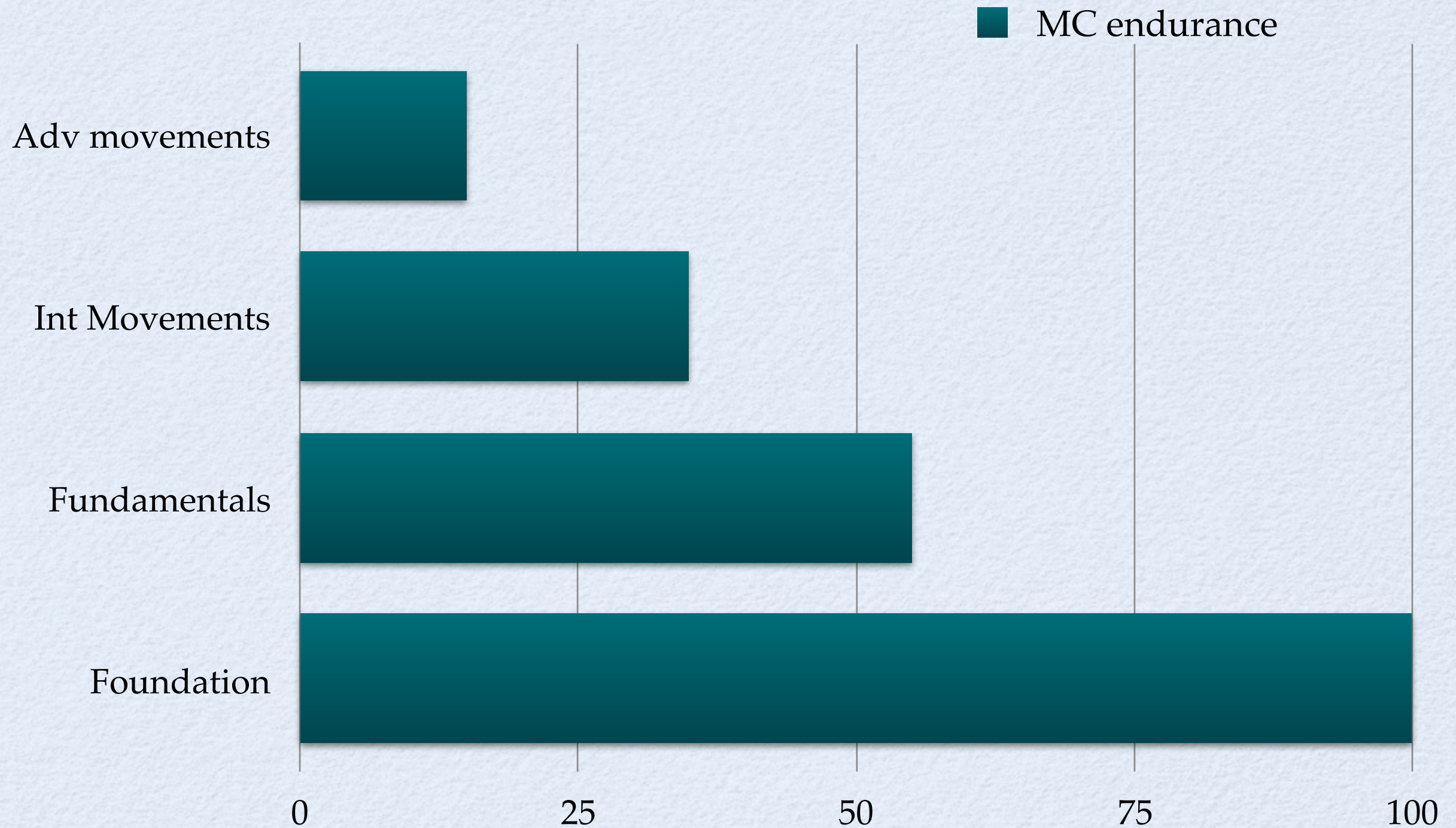
Research findings



Dec 8, 2015 CSEP

"CSEP strongly supports promoting physical activity for healthy outcomes and equally important to that are warm up routines that increase range of motion and decrease muscle injury," says Dr. Phil Chilibeck, CSEP Chair. "The recommendation in the CSEP Position Stand is that **all components of a warmup be included with appropriate duration of stretching. The inclusion of static, or Proprioceptive Neuromuscular Facilitation (PNF), stretching is recommended and has the potential to positively influence the standard warmup routines of a large number of athletes."**

Functional mechanics



The goals are:



Core awareness

Movement planes

Posterior chain

Anterior chain

Lateral chain

Postural stretches

Joint mobility

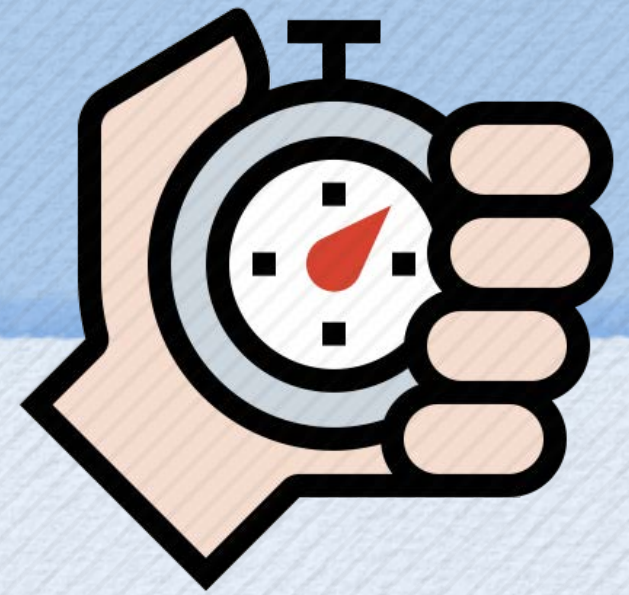
Alignment

CV adaptation

Thermoregulation

Movement preparation

Warmup #1



‘Freestyle’ timer & body isolation: 5 to 8 min

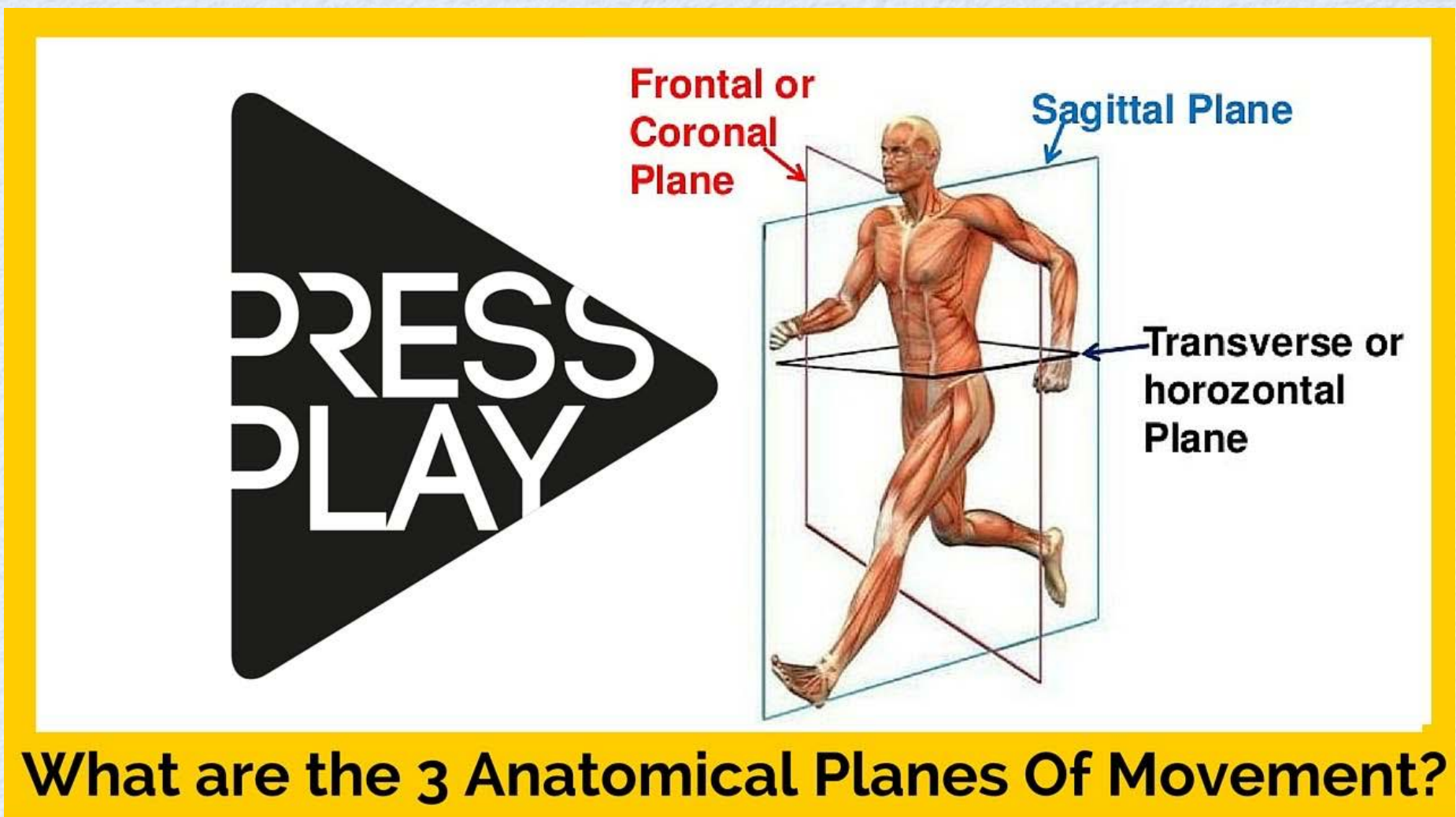
Set timer for 30 second work intervals, 15 second static stretch, 7 sets

- **Set 1 & 2 Deep knee squats ➡ Anterior chain**
- **Set 3 Alternating 2 phased lunges ➡ Posterior Chain**
- **Set 4 Long arm plank renegade rows ➡ Child’s pose [T Chain]**
- **Set 5 Giant stride to squats ➡ Lateral Chain**
- **Set 6 Pushups ➡ Rhomboid/Lat [T Chain]**
- **Set 7 Lateral mini bounds ➡ Gastroc & Quad**

Warmup #2

Planes, mobility & tempo variation:

1. Core awareness
2. Saggital
3. Frontal
4. Transverse
5. Hips
6. Knees
7. Ankles
8. Chest
9. Wrists



Warmup #3

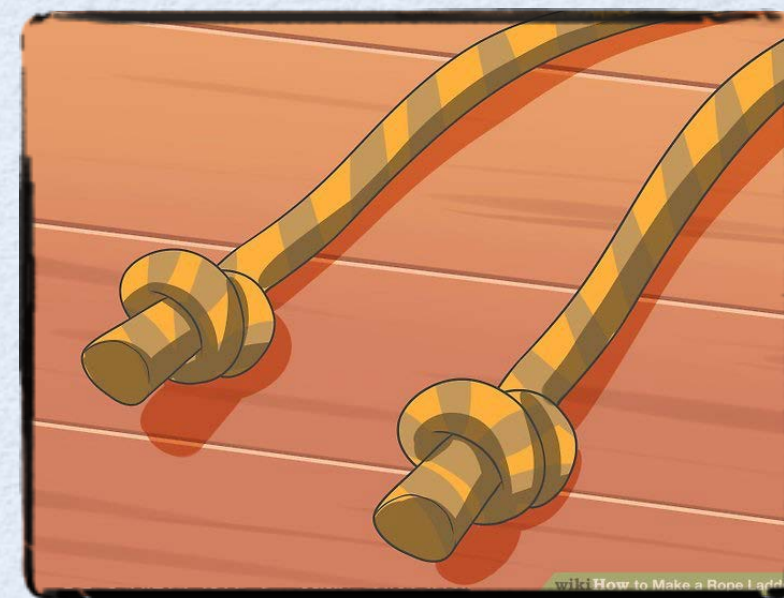
Ropes & Dice [use of props]:

A] Rope drills - ladder lines

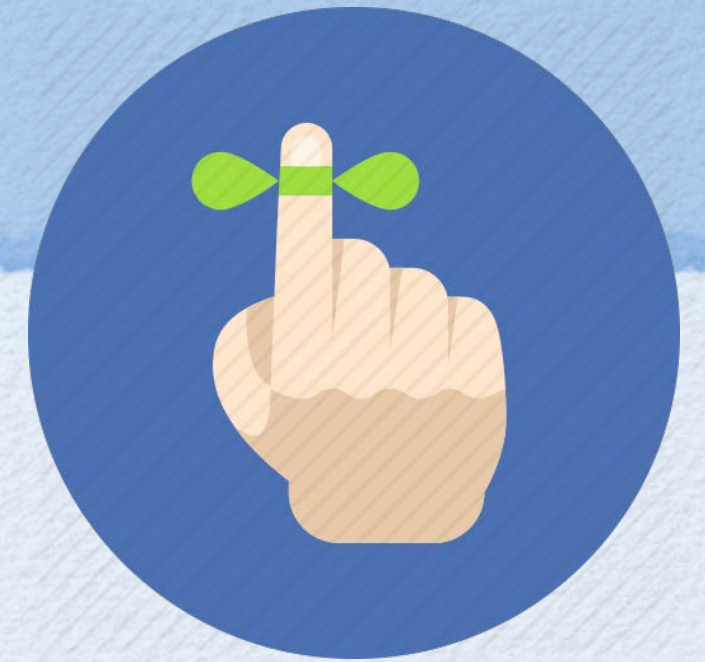
Under/over.

B] Dice drills - isometric hold/move

C] Other :]



Final thoughts



Be creative!

Make it fun & engaging

Program for injury prevention & specific activity

Talk & listen to clients

Be aware of injuries & concerns

CSEP guidelines

***Watch for laboured breathing, pain, dizziness and signs of distress**



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