

# WARM-UP MENU

The warm-up is meant to increase your body temperature but not induce fatigue. Through the warm-up focus on what body parts will be used during that day's workout and prime these muscles through muscle activation and full range of motion.

Each workout will always consist of a warm-up. Choose from each category on the warm-up menu and go through proper range of motion. If some muscles feel tighter than others, spend more time making sure these muscle are warm prior to moving on. Remember, a warm-up should not feel like a workout nor is it a race, move at your own pace and listen to your body.

**Self-Myofascial Release:** While using a foam roller massage the muscles and ligaments in your legs; quadriceps, hamstrings, tensor fasciae latae, calves and glutes. Foam rolling is done by lying on a roller and putting weight on the targeted area. The more you roll the more body weight you will be able to with stand. First, start out propping yourself up on a foot or forearm to avoid unnecessary pain, discomfort is normal.

**Trigger Release:** Trigger release is usually done with a tennis ball or a lacrosse ball. This allows you to target places where a foam roller is unable to reach because of its size. Leaning up against the wall or lying on the floor will allow you to get deep between muscles to unlock tightness. Trigger release can be used for tight shoulders, pectorals and glutes. When pinpointing these areas try not to move the ball around much; sit or stay static on the troubled area with minimal movement.

**Dynamic Stretching:** Dynamic Stretching will be used BEFORE a workout begins, opposed to static stretching which is used AFTER a workout or activity. Dynamic stretching is stretching through controlled movement. It is important you have controlled movement through this phase of the warm-up in order to safely stretch each muscle group. You will feel your body getting looser through these movements as well as an increase in heart rate and body temperature. For each movement 6-8 repetitions should be completed on either side.

**Walking Knee Grab:** while standing tall bring one knee up to your chest, bear hug the knee and point the toe up to the sky. Hold for 1-2 seconds and release. Alternate walking forward and bringing each leg up to your chest and hold.

**Lunge with a Twist:** much like a normal lunge, step forward while not allowing your knee to pass your toes. Drop the back knee close to the ground but not touching. Once you are in a lunge position twist the upper body at the waist and look over your shoulder. Twist in the same direction as the knee is forward. If the right knee is in front you will twist toward the right side and vice versa.

**Walking Single Leg Romanian Deadlifts:** while standing tall hinge at the waist while keeping one foot on the ground and kicking back the opposite foot. The body should be turned into a "T". Keep your back flat and imagine a pole running from the back of your head, down your spine and connecting to your foot. Reach down to the ground until you feel a stretch in your quadriceps and glutes.

**Lateral Lunge:** Stand with your feet shoulder-width apart and assume a half squat position. You will not move out of the half squat position throughout this movement. Once in this position, move one leg laterally until the opposite leg is at a 45 degree angle or less and you are placing majority of your weight on the opposite leg. Hold for 1-2 seconds and then bring your feet back together while holding the half squat. Keep moving in the same direction for 6-8 repetitions and then move on to the opposite direction.

**Inch Worm:** Assume the push-up position; feet together, back flat and hands under the shoulders. While keeping your feet in place walk the hands out as far as possible and keeping your core tight and back flat. Once you reached your limit keep your hands in place and walk your feet to your hands without bending your knees. Once the feet are close to your hands without bending the knees, walk the hands back out and repeat.