

Physical Training Warm-Up Guide

Prior to starting any physical training session, it is important to complete an effective warm-up to prepare your body for the demands of the session and maximize performance. The exercises completed in a warm-up should be specific to the movements and exercises completed in the workout.

Benefits of an effective warm-up:

- Increase joint range of motion
- Increase blood flow to major muscle groups
- Refine relevant movement patterns (and neural pathways) for technical movements
- Assists in reducing injury
- Provides opportunity for mental preparation
- Improves physical performance

Components of an effective warm-up:

- Myofascial release
- Dynamic stretches
- Building intensity of *general* exercises or activities
- Building intensity of *specific* exercises or activities

Example Warm-Up

Training Session Type	HIIT Circuit	Run Interval Workout	Strength Workout
Warm-up: <i>General Preparation</i>	Myofascial release Side Lying T-spine Rotation Deadbug Bird-dog	Myofascial release Side Lying T-spine Rotation Hip 90/90 Mobility	Myofascial release Side Lying T-spine Rotation Deadbug Bird-dog Shoulder Dislocates
Warm-up: <i>Specific Preparation</i>	Bodyweight squats Push-ups Shoulder flys Lunges	Hip CARs Glute bridges Heel raises Easy running (gradual build in run intensity) Strides (2-3 x 10 sec sprints)	Shoulder CARs or Hip CARs Scapular Wall/Floor Slides Main lifts in training session: - 5-10 reps @ 50% 1RM - 3-5 reps @ 70% 1RM
<i>Exercises in Training Session</i>	Jump squats Push-ups Lunges Mountain climbers Pull-ups Bent-over rows	3 x 400 m sprint (200 m jog recovery) 4 x 200 m sprint (200 m jog recovery) 4 x 100 m sprint (200 m jog recovery)	Squat Bench press Pull-up Lunges Deadlift