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RECHARGE PHYSICAL THERAPY

# RECHARGE YOUR WARM-UP

## 1- WHY WARM UP?

Your warm-up is a very important part of any workout routine regardless of what you are doing. Whether this is running, sprinting, weightlifting, yoga, or Pilates; your warm-up is there to prepare you for the exercise you are intending on doing.

- Increase heart rate and body temperature
- Mobilize your joints and muscles - this doesn't mean stretching
- Prepare your nervous system (nerves) for explosive movements
- Practice movement patterns
- Mentally prepare for performance
- Reduce injury risk

## 2- HOW TO WARM-UP?

A good warm-up is there to prepare you for the activity you are intending on performing. Your warm-up should simulate that activity and the movements you are to perform. This can look like many different ways to different people and for different activities. This list certainly is not all encompassing but will provide you with a framework for getting started.

- Simulate the movements you are to perform: leg day should include squat, hinge movements, lunges, and frontal plane movements to prepare your mind and body for performance
- If you are preparing for fast movement sports such as pickleball, tennis, or sprinting, gradually increase the speed in which you are working. Ensure you include movements in all three planes (directions) such as side-shuffle, carioca, and skipping among many other great movements.
- Work at a low intensity with slow deliberate movements while gradually increasing intensity to get your heart rate up. You should be sweating and feeling *warm* by the time you are done. But don't over do it!
- You can simply begin by working on your primary lift such as bench, deadlift, or squat at a very low weight for many reps, 15-20. Then gradually increasing the weight as you reduce your reps to where you are lifting in your working sets. Ensuring you don't fatigue yourself before you get to your working weight.
- Your warm-up should last 10-15 minutes in length but can last longer if needed.

## 3- WHAT TO AVOID

Along with having things that you should include in a warm-up, there are also things in which you should avoid.

- Static, prolonged stretching - stretching is an activity to turn down the activity of muscles and your nervous system. Your warm-up is when you want to be turning your activity level up and stretching should be avoided. Save your static stretching for AFTER your workout.
- Rushing through your warm-up. This is the time to prepare for performance and rushing through the warm-up will have a negative impact on your performance.
- Ignoring your activity's requirements. Warming up for a deadlift can limit your performance if you are about to play pickleball.

\*\*ANY questions reach out to us at Recharge and we would be glad to answer any questions.