

# STRETCHING & WARMING UP

Is it important and what to do?

**Static Stretching** – This is when you hold a certain position for a period of time (30/45 seconds). There is quite a lot of research around this to show that there is no benefit and could even cause injury if you static stretch before a workout.

**Dynamic Stretching** – These are controlled movements that prepare your muscles, ligaments and other soft tissues for performance. This usually involves more than one muscle group. This is optimal to be done before a workout. This is what I have below for you.

**Banded Exercises** – using bands are brilliant to add resistance to an exercise. This is brilliant for warming up the legs and can also be used during workouts also. It is important to note that using a small loop band for a leg workout on its own without weights is not optimal to grow muscle. You will need to progressively overload with weights – this is just used to add resistance.

## EXAMPLES OF DYNAMIC WARM-UP EXERCISES

Click each of the below for a link to a video

### UPPER BODY

- [Banded Over and Back](#) • [Quadruped Thoracic Rotation](#)
- [Banded Pull Apart](#)
- [Open Book](#)

### LOWER BODY

- [Hip Opener](#)
- [Squat to Hamstring Stretch](#)
- [T Hip Opener](#)
- [Leg Swing](#)
- [Abductor Rock Back](#) • [Cat and Camel](#)

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## BUT WHAT IS MOST IMPORTANT?

Before each exercise especially compound movements like your squat, deadlift, RDL, hip thrust – **make sure you are doing warm up sets.**

There is NO point in doing banded squats to warm up if your exercises your about to do is an RDL or an upper body movement.

If you are aiming to lift heavy then you will do a light set to get the movement and build up the weight.

This is more important.

If you want to use some of the movements above to feel a little more ready for the session then do - if your feeling stiff then do - but dont waste too much energy warm up before getting into your workout.

Your exercises should have warm up sets.

For example if I want to lift a 60kg RDL.

i will do 40kg for 5 reps 50kg for 4 reps and then 55kg for 2-3 reps - see how I havnt wasted my energy lifting for 12 reps BUT I have warmed up in this movement as I dont want to go in and just lift the heavier set.