

Your Warm-Up: Phases 1-3

Your preparation routine consists of 3 components and will generally last no more than 25% of your total gym time:

Part 1: An aerobic based warm-up:

This helps raise body temperature and heart rate in preparation for upcoming exercise.

Movements such as running, rowing and cycling are generally best, but any large movement can be used.

Part 2: Self-Myofascial Release (SMR):

Commonly known as foam rolling this practice benefits improves range of motion in the short term and in the long term, helps to increase flexibility, decrease exercise related soreness and prevent injury. Almost any muscle can be 'rolled' so free feel to give it a go!

Part 3: A mobility and activation routine:

Usually a short 'circuit' consisting of multiple exercises designed to improve our breathing and posture and fully prepare our body for the movements it will be performing later in our workout.

- Fetal Position Breathing (to relax muscles and restore posture):



- Sit bum on heels
- Draw elbows to knees
- Inhale fully through nose
- Exhale fully through mouth
- Contract abdominals

- Dead Bug (to activate key core muscles ready for compound movement):



- Low back pressed down
- Keep head on the ground
- Pelvis pulled up off floor
- Exhale fully to lock ribs down
- Extend arms and legs out

- Squat to Stand (to mobilise key joints ready for fundamental movements):



- Standing, grip front of toes
- Keep weight through heels
- Using arms, pull hips to squat
- Pry knees outward using arms
- Stand up, stretch hamstrings

Client Name: [client name]

Workout #: Phase 1: Full Body 1

Start Date: [start date]

- Notes:**
- Always aim to perform as many good quality repetitions as you can, using as much weight / resistance as you can without compromising form.
 - If you can complete more repetitions than stated below, consider increasing your weight / resistance.
 - Begin with 3-5 minutes cardio.

Foam Rolling	Stretch	Mobility	Cool Down
<u>30 sec each area:</u> - Glutes - Upper Back - Quads		<u>Warm-Up Circuit (x3):</u> - Fetal Breathing (30s) - Dead Bug (30-45s) - Squat to Stand (x5)	<u>Optional:</u> - Repeat foam rolling

#	Exercise	Sets	Reps	Rest	Intro	WK2	WK3	WK4	WK5
					/	/	/	/	/
A1	Banded Squat	3	8	Superset	W				
					R				
A2	Bent Over Band Row	3	10		W				
					R				
B1	Banded Deadlift	3	8	Tri-Set	W				
					R				
B2	Banded Floor Press	3	8		W				
					R				
B3	Hinge to Side Plank	3	5 each		W				
					R				
C1	Plank	3	30 sec	Superset	W				
					R				
C2	Side Plank	3	20 sec each		W				
					R				
	Optional Finisher (Circuit / Intervals)								