

ROSSELL FITNESS GUIDE TO WARMING UP

Before you begin your training plan it is VITAL that you warm up your body. This does not just mean a couple of minutes of cardio, when we are lifting weights and doing explosive movements like high intensity work (boxing, jumps, tyre flips etc) we must make sure that we oil up the joints and prepare your body for what is to come. Follow this simple step by step guide and start to consider the warm up as an ESSENTIAL part of your training plan.

STEP 1 -> RAISE YOUR HEART RATE

Complete a few minutes of cardio to bring your HR up!

This could be skipping, cycling, walking on the treadmill, rowing etc



STEP 2 -> MOBILITY

This is valuable and should not be skipped, your joints need to be put through different range of motions, and your body ideally needs to be working all planes of movement to prep you for your training. I suggest the following. If you need me to show you any of these movements just ask me in the gym!

Hamstring walk outs (2 times through the whole routine, twist to each side 3 times within each)



Bodyweight squats (20 repetitions, squeeze your glutes at the top)



Bodyweight lunges (20 repetitions)



Glute Bridge x 10 (with bum squeeze) and Single leg glute bridge (10 repetitions each side)



Side leg raises (10 repetitions each side)



STEP 3 -> MUSCLE ACTIVATION

Using resistance bands here is a GREAT way to really make the most of your warm up. If you need me to show you any of these movements just ask me in the gym!

Resistance band gluteal sidewalks x 10 each side



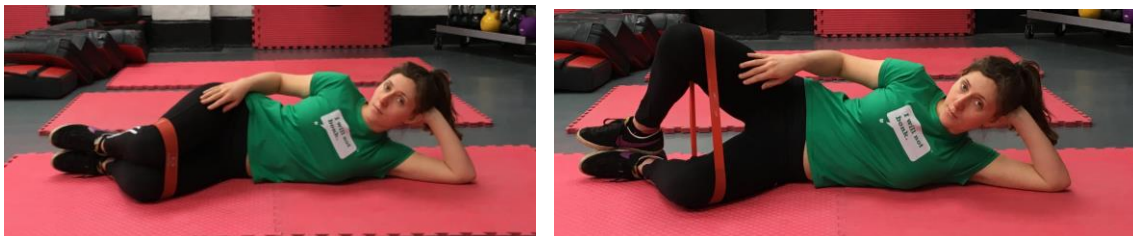
Hamstring activation



Resistance Banded full deep squats x 20 (go as deep as you can)



Banded gluteal clams x 10 each side



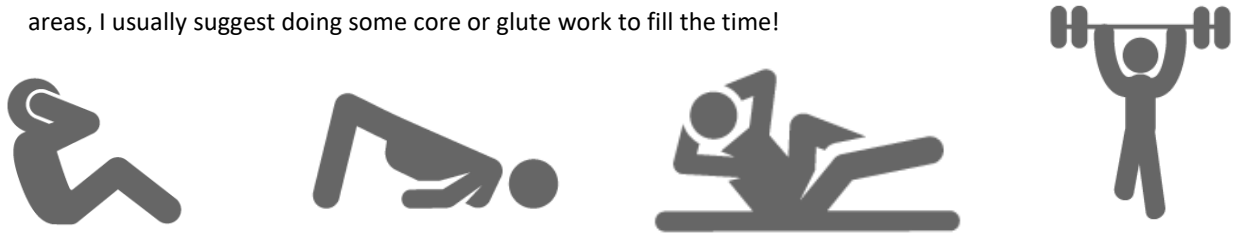
STEP 4 -> SPECIFIC MOVEMENT WARM UPS

What is in your training plan? Whatever you are doing it is 100% advisable to complete at least 1 set of warm up on each different exercise. I usually recommend just starting with the bar and making sure you are thinking about which muscles you need to be contracting (squeezing) to ensure that you lift the weights with good technique!

Depending on how experienced you are and how much weight you are lifting you might need to complete a few work up sets to reach your final weight.

STEP 5 -> STAY WARM

Don't just hang around between sets, use the time to do some more muscle activation or train your weaker areas, I usually suggest doing some core or glute work to fill the time!



ROSSELL FITNESS GUIDE TO COOLING DOWN

After your workout, to keep muscle soreness and injuries at bay, we must complete a cool down. I recommend 1-2 mins of gentle walking or movement to bring your heart rate down after your hard work, followed by a range of stretches to relax the whole body. I suggest that you do this in your own time following the session, you are welcome to remain in the gym to do so, so that we can make the most of your session time for the main workout, however if you are not confident with the stretching or cool down in any way, please make me aware of this and we can cover it within a session!

Gluteal stretch



Gluteal stretch #2



Hip Flexor stretch (push your hips forwards, do not arch your back)



Hamstring stretch



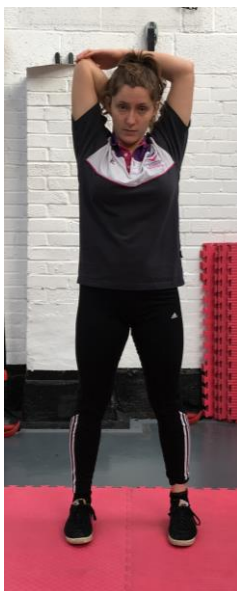
Lats stretch - grip onto a bar/pole, push your hips back



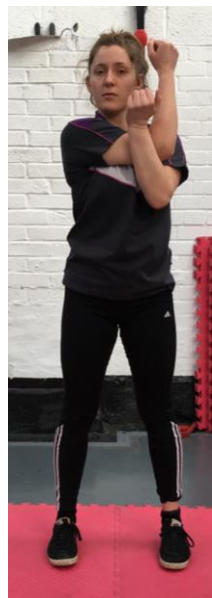
Inside leg stretch (you can also intensify this by turning your extended leg toes to face the ceiling)



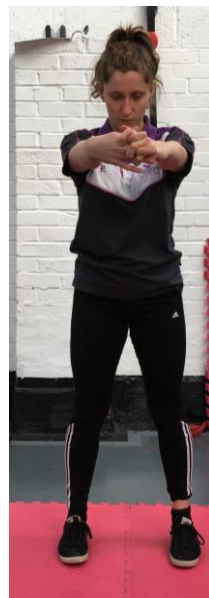
Triceps (both sides)



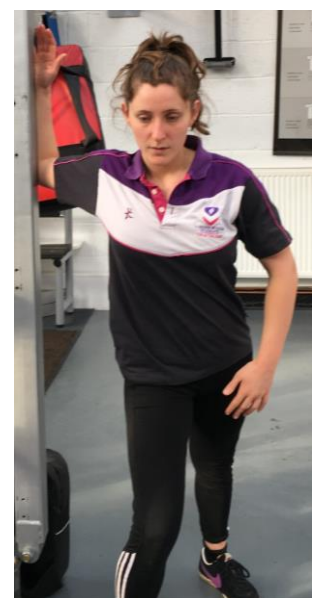
Shoulder (both)



Upper back



Chest (do both sides)



If you have any questions about these movements, please don't hesitate to ask in your sessions or email me! If any of these movements hurt or cause discomfort, please inform me immediately so that we can look at technique and support your body and joint health!