



Warm Up And Stretch Manual

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THE IMPORTANCE OF WARMING UP

Warm up exercises are important before you begin any strenuous physical activity to prepare you for training and avoid any harm to your muscles and joints.

A good warm up routine will help to raise the heart rate, increase your blood and muscle temperature. When temperature is increased, your muscles become more elastic and stretchable and you are less vulnerable to muscle tearing.

In turn the warm-up will improve the movement and range of your joint for you to avoid sprain during exercises. These exercises are important before you start any exercise activity.

The warm up can help prepare your mind for the task ahead of you.

WARM UP ROUTINE

Jumping Jacks x 10

Kickbacks x 10 each leg

Hip Circles x 10 each leg

Squats x 5

Mountain Climbers x 10

Inch Worms x 5

Repeat x 3



JUMPING JACKS

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.
- Return to the starting position



KICKBACKS

- Start on your hands and knees
- Draw bent right leg in
- Then kick back over head



HIP CIRCLES

- Start on hands and knees
- Raise right leg and start to draw a circle with your knee
- Make sure you are making big circles



SQUATS

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



MOUNTAIN CLIMBER

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions. Mountain climbers can be performed fast or slow.



INCH WORMS

- Start in standing position
- Bend forward and place your hands on the ground
- Keeping the legs straight or minimal bend walk forward until in a top press up position
- Reverse walk back up into standing position

STRETCH ROUTINE

Stretching **must** be done after each training session, it improves flexibility, releases the lactic acid build up and also prevents injury. Hold each stretch for around 20-30 seconds, longer if you need it. Remember to stretch regularly.



Shoulder Stretch

- Raise your arm to shoulder height and bring your arm across the front of your body.
- If using your right arm, your right hand should rest at your left shoulder.
- Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
- Hold for 30 seconds and then repeat for the other side.



Chest Stretch

- Place fists into lower back Squeeze elbows inwards, towards each other until chest has reached a comfortable stretch



Back Stretch 1

- Raise both arms into the air, hands above head and reach above you. Reach for something that's beyond you...the ceiling or a cloud in the sky to ensure a good stretch

Back Stretch 3



Back Stretch 2



Psoas Stretch



- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level).

• Hold the stretch for 30 seconds and then switch sides. For a deeper stretch raise arms in the air and direct your body over your leg.



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Quadriceps Stretch

- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Glute and Oblique Stretch

- Cross one leg over the other
- Rotate body and place elbow across knee
- With pressure from the elbow pull, rotate round and intensify the stretch



Hamstring Stretch

- Cross right leg in front of the left
- The back leg will be kept straight by the right leg
- Lean into the stretch with hands just above knee
- If this is not deep enough then lean further into the stretch.

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THE IMPORTANCE OF REST AND ACTIVE REST DAYS

One of the most important and yet overlooked aspects of any exercise or training programme is the rest and recovery phase.

Unfortunately, many exercisers neglect rest days as it often leaves them thinking they



should be training as they feel guilty for not doing something, when in actual fact while you are resting from training, physiologically your body is grasping this opportunity to repair itself to become stronger in preparation for the next bout of training stress placed upon it.

Let me explain the process.....

You see while you exercise, your muscles work to meet the demands you are placing upon them.

During that work, muscles deplete their stores of energy (known as muscle glycogen) and start to become fatigued. The muscle glycogen is what fuels the muscle contractions that cause muscle movement, and it is from these contractions that muscles experience small micro tears, which is why after training you may suffer from muscle soreness AKA DOMS (Delayed Onset Muscle Soreness)

The recovery process begins when you have finished your training session. The muscle glycogen stores get replenished, and the body starts the process of rebuilding and repairing those tiny muscle tears.

So time is required for this repair process as the body rebuilds the muscle to become stronger than it previously was. This is how strength training, or any type of exercise training, works.

Muscle gets broken down to rebuild, recruit more muscle fibres and become stronger, and in turn more resistant to that level of exercise stress, so that it can withstand more the next time.

So, if you are putting in hard demanding training sessions then rest is essential to implement these improvements. Even athletes rest!!



HOW TO TAKE AN ACTIVE REST DAY

You work out as hard as you can four, five or six days a week, making sure to include all the good stuff – intervals, squats, lunges, press ups, burpees and other good-for-you whole body exercises.

Basically, you're pretty active.

But what do you do on your off days?

Why shouldn't you train every day.

As explained above, as tempting as it may be to train every day of the week (ok, maybe not for everyone), it's extremely important that you take at least one day off of strenuous training a week, even two. Your muscles need to repair.

An active rest day will speed up your recovery, making you feel stronger and faster when you're back in workout-mode.

So what exactly does it mean to take an active rest day I hear you ask?

There are many ways you can spend your active rest day, but here are a few suggestions:

- Go for a hike
- Swim (swimming helps with soreness)
- Go for a bike ride
- Do some yoga
- Go for a light jog
- Run around with your kids or dog
- Play a sport (you'll want to be careful here, if you go too hard you might not get to count it as a rest day.)
- Go for a walk outdoors
- Aim to reach 10 – 15,000 steps most days of the week

