

Introduction

Getting your body warmed up and ready for a hard workout is so important! Not only will it prevent injury, but it will help you break down any tightness you're feeling. This will help you create the full range of motion needed to get the most out of each and every exercise. Follow the warm-ups below before each lifting workout. Work slow and controlled through each move, making sure to keep your core tight, and your mind on the muscles you're warming up.

After your workout, be sure to stretch the muscles you just worked. Hold each stretch for about 30 seconds.

UPPER BODY WARM-UP

Upper back foam rolling, 3 times



Lying foam roll reaches, 5 reps



Superman switches, 5 reps



Downward dog to plank, 5 reps









Knee push-ups, 5 reps





Inchworm walks, 5 reps



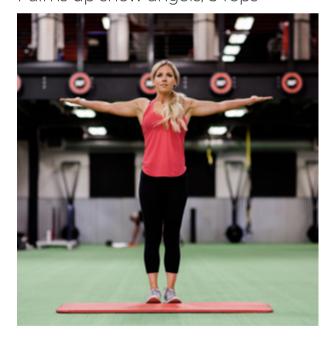


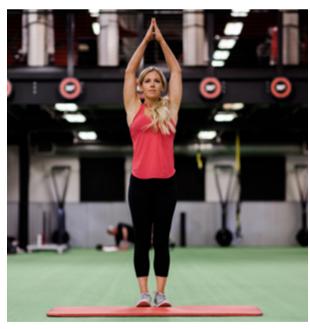






Palms up snow angels, 5 reps





LOWER BODY WARM-UP

Foam roll calves, 3 times



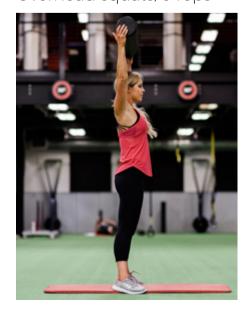
Foam roll hamstrings, 3 times



Foam roll quads, 3 times

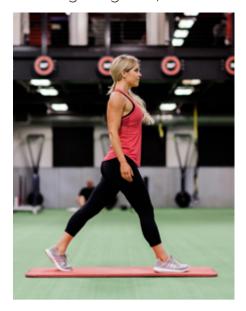


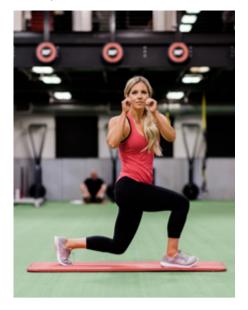
Overhead squats, 5 reps





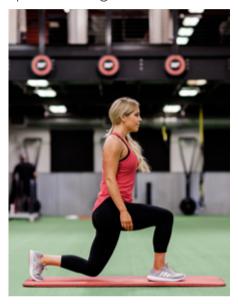
Walking lunges w/ torso twists, 5 reps each side

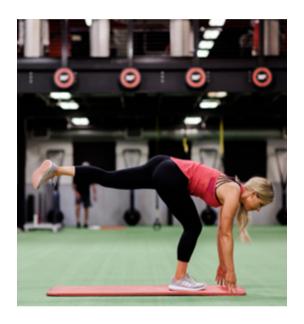




Reverse lunge to table top, 5 reps each leg







Lateral runners lunge, 5 reps each leg



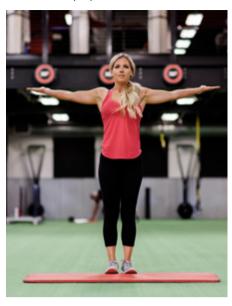
Leg swings, 5 reps each leg



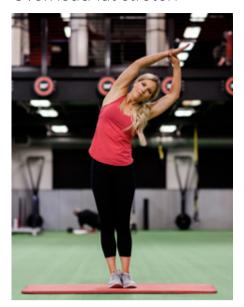


UPPER BODY COOL-DOWN STRETCHES

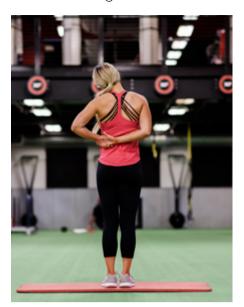
Palms up pec stretch



Overhead lat stretch

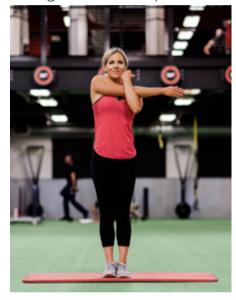


Head-leaning shoulder stretch Tree stretch



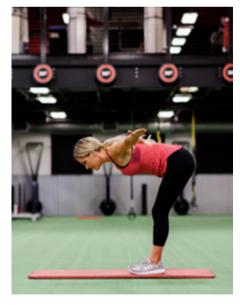


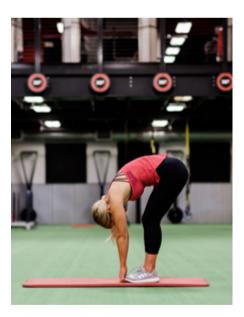
Straight-arm tricep stretch



Straight-arm reach/ Flat back/forward fold





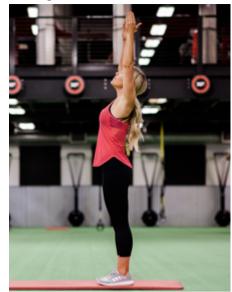


Child's pose

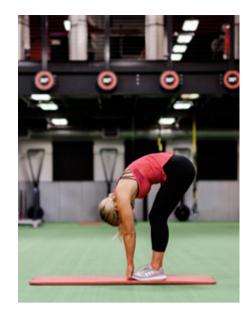


LOWER BODY COOL-DOWN STRETCHES

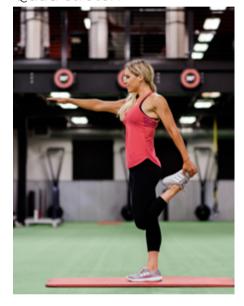
Straight-arm reach/ Flat back/forward fold







Quad stretch



Legs crossed hamstring stretch



Lying legs crossed outer thigh stretch



Lateral lunge stretch

