

SCULPT

WARM UP/  
COOL DOWN





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# 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





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# 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



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# 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

