



THE PERFECT WARM UP FORMULA

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Why Do We NEED To Warm Up?

Warming up. It's important. Don't roll your eyes, please. Listen, we're all guilty of skipping the warm up. Don't bother lying to me; I know you've done it. It's natural. You're in a rush, or just too excited and want to get to the training session. I get it.

To illustrate just how important warming up is, let me use an analogy we are all familiar with: SEX

If working out is sex, then warming up is our foreplay. You can skip it once in a while and still have a decent session. However, if we skip foreplay all the time, your love life is more than likely going to take a hit.

Warming up for the gym is the same. While it may seem like a good idea but your relationship with your body will take a hit; and for what 5-10 minutes of "saved time"?

I think we've exhausted the metaphor, but the point is this: Getting the equipment ready for use (in the bedroom and the gym) just leads to a better user experience. You will be safer, more productive and enjoy the session better.

Four reasons warming up is imperative

Reason 1: The PHYSIOLOGICAL Aspect

Raising your core temperature is awesome, but a good warm-up isn't just intended to get you dripping sweat. Rather it's designed to prepare you for your workout - hence why your warm-up should look similar to your upcoming training session (more on that below).

Reason 2: The HORMONAL Aspect

A proper warm-up begins to release floods of anabolic hormones including IGF-1, Growth Hormone, Testosterone. All these will help with recovery, muscle building and keeping you mentally sharp during your workout. Speaking of...

Reason 3: The MENTAL Aspect

A good warm up will help "set the mood" in the body; it mentally and physically prepares you by increasing adrenaline—and when adrenaline is pumping, you're going to have a MUCH better workout.

Reason 4: The JOINT HEALTH Aspect

Yes, I worry about your joints, not just your bicep vein development. The warm-up is all about getting your body ready for the onslaught to come. In large part, that means your joints and connective tissue. A proper warm-up will loosen and lubricated anything that needs it. Furthermore, it will force blood to all the area being trained - providing protection from injury. Bottom line: Stop skipping the workout.

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Now, as aforementioned, your warm-up should be in line with your training. Groundbreaking, I know.

Jogging on the treadmill for fifteen minutes isn't going to help your bench press. Bench pressing will.

The same goes for any other exercise, of course.

You warm up for a for a military press by pressing, for a deadlift by deadlifting, and squat by squatting.

This will help you refine your movement patterns, reduce the risk of injury, and get more out of your working sets.

Regarding how to do it, exactly, here's a simple and effective method of warming up for a given exercise:

Warm up set #	Reps	Weight	Rest
1	12	50% of working weight	1 minute
2	6	70% of working weight	90 seconds
3	1	90% of working weight	2-3 minutes

In case the table was confusing...

- 1 Do 12 reps with about 50% of your working (heavy) weight, and rest for a minute.
- 2 Do 6 reps with about 70% of your working weight, and rest for a minute.
- 3 Do one rep with about 90% of your working weight, and rest for two minutes.

And that's it. You're now ready to do your working sets.

Oh and I should also mention that you don't necessarily need to warm up for every exercise that you do in your workouts.

The idea is to warm up the muscle group before training it, so if you're moving from one chest exercise to another, for example, you only need to warm up on the first.