

How to Warm up

A proper warm up will make you feel ready to attack the workout safe with a lower risk of injury.

Start with: Cardio 5-10 minutes of low to moderate intensity cardio. Get some blood moving and get that body warmer.

After you are warm: now move on to some foam rolling, lacrosse ball rolling, stretching, dynamic warm up movements and mobility drills.

Once you are warm: then you can start lifting weights, I always recommend starting light and warming up slowly, going up in weight each set with smaller jumps to ensure you are warm and ready to handle the weights. Even if you do extra sets just to get warm that is totally fine. Sometimes I may do 10 sets of squats before I feel ready for 500lbs.

