



WARMING UP & Cooling Down

HOW TO WARM UP AND COOL DOWN SAFELY

Warming up and cooling down are often overlooked. Most people think a quick 5 minutes on the treadmill or cross trainer will do the job (if that).

However, these days we spend a lot of time sat down: at our desks, in our cars, on the train, on the bus, on the sofa... the list goes on and on.

This makes certain muscle groups extremely tight and increases the change of pain and injury, especially in the lower back, neck and knees. If you've ever had any of these injuries you'll know how painful and debilitating they can be!

With that in mind we've created a simple 10-step warm up to get your body warmed up and moving properly again after all that sitting.

The static stretches can also be used for a cool down along with some light jogging/cross training.

Warm Up

This warm up should take between 10 and 15 minutes and is well worth it. It will dramatically reduce lower back stiffness/pain and significantly reduce the risk of injury during your workout too.

STRETCH 1: Foam Roll IT Band (15 times/leg)



STRETCH 2: Foam Roll Adductors (15 times/leg)



STRETCH 3: Glute "Smash" (30 seconds/side)



STRETCH 4: Iron Crosses (10 times/side)



STRETCH 5: V-Sit Rollovers (10 times)



STRETCH 6: Gettin' Froggy Wit It (Push back 10 times)



STRETCH 7: Mountain Climbers (10 per side)



STRETCH 8: Cossack Squats (10 per side)



STRETCH 9: Piriformis Stretch (30 seconds/side)



STRETCH 10: Hip Opener (10 times/side)

