



## EXAMPLES

**Person A: No significant injury history, has good mobility and needs to streamline their warmup to a max of 10 minutes.**

- ✦ Due to limited time, provided it is not extremely cold temperatures, the raise section of a warmup may not be necessary, therefore they could begin with the activate section. They should perform a few exercises that specifically target the relevant muscle groups for the lift they are about to perform, by simply doing bodyweight variations of the lift (e.g. body weight squats, body weight RDLs or push-ups for bench press)
- ✦ For the mobilise section, as the individual has naturally good mobility and no discomfort in the positions that the lift there are training demands, simply performing some brief targeted mobility should allow them to achieve correct positioning when performing their intended lift (e.g. holding a deep squat position for 10-20s, holding the empty bar on their chest 10-20s, moving hips through some dynamics knee flexion and extension).
- ✦ Finally, performing work up sets of the lift they are training with progressively higher weights should correctly prime their body for their working sets.

**Person B: Someone with a significant injury history, poor baseline mobility, who needs and wants to spend a bit more time warming up.**

- ✦ Starting with 5-10 minutes of cardio would be beneficial for this person, to ensure muscles are sufficiently warm.
- ✦ A more diligent activation phase is recommended; they should performing exercises that specifically engage the main muscles that will be used in the intended lift, and consider implementing additional activation exercises that target the previously injured area. This also gives the lifer the opportunity to feel out if anything isn't 'quite right'.
- ✦ Due to poor baseline mobility, performing some extended mobility stretches can help the individual increase their range of motion that bit more, which in turn will improve their ability to achieve correct positioning during the lift without discomfort. Similarly to the activation phase, including some additional mobility exercises which specifically target the injured area can help reduce the risk of the injury re-occurring.
- ✦ For the final stage, for the activation phase the individual may consider performing traditional work up sets of progressive weight increases, but could also consider performing some light plyometric work, especially if they haven't done much movement throughout their day before their training session.