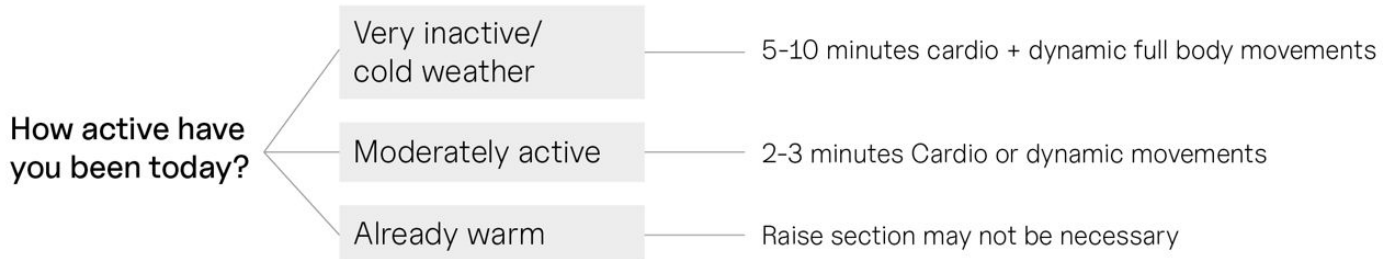




## RAISE

Goal: elevate heart rate, core temperature, and blood flow.



### ★ Example exercises for Raise

#### Cardio

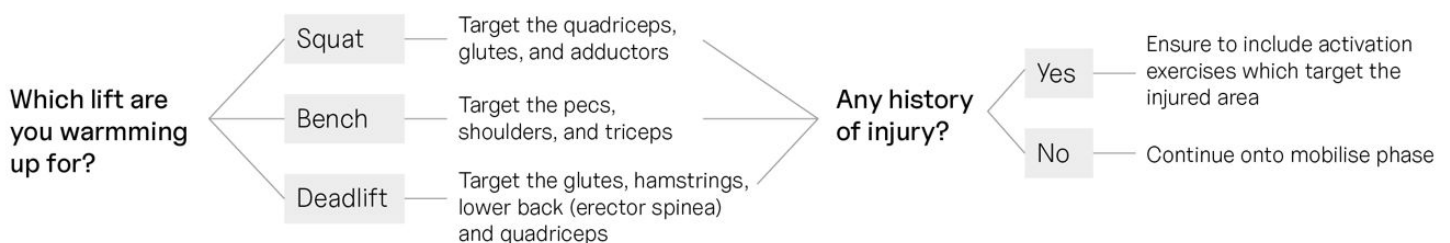
- ✦ Light jogging
- ✦ Jump rope
- ✦ Exercise bike

#### Dynamic movements

- ✦ Jumping jacks
- ✦ Arm circles
- ✦ Leg swings

## ACTIVATE

Goal: target and engage key muscle groups that will be used in the workout.



**Note:** if you have no history of injuries, have limited time, and/or are healthy enough to cruise through a more streamlined warmup, you may be able to streamline the activate phase, by performing bodyweight variations of the movement you are working up towards in between any mobility exercises.

#### ★ Activate Exercises for SQUAT

- ✦ Glute bridges (glutes)
- ✦ Band walks (glutes)
- ✦ Spanish squats (quadriceps + glutes)
- ✦ Terminal knee extensions (quadriceps)
- ✦ Lunges (quadriceps)
- ✦ Copenhagen plank (core + adductors)
- ✦ Banded adduction (adductors)

#### ★ Activate Exercises for BENCH

- ✦ Scapular Push-ups (shoulders + upper back)
- ✦ Band chest press (pecs and triceps)
- ✦ Arm circles with/without a band (shoulders)
- ✦ CG push ups (pecs and triceps)
- ✦ Overhead banded tricep extensions (triceps)

#### ★ Activate Exercises for DEADLIFT

- ✦ RDLs (hamstrings + lower back)
- ✦ Glute bridges (glutes)
- ✦ Band walks (glutes)
- ✦ Spanish squats (quadriceps + glutes)
- ✦ lunges (quadriceps)
- ✦ Copenhagen plank (core + adductors)
- ✦ Banded adduction (adductors)
- ✦ Back extensions (lower back + hamstrings)