

# READY & RECOVER

4 TARGETED WARM UP & COOL DOWN ROUTINES  
FOR ANY STRENGTH-BASED ATHLETE



Mobility is more than just moving around and flailing your limbs. It's more than just yoga or holding static stretches for a few seconds. Mobility needs to be purposeful in order to actually be effective.

An effective warm up routine needs to be dynamic movements, not static holds. It needs to help increase blood flow, promote range of motion, and to activate muscle fibres that will be emphasized during your strength training session. An effective warm up can have a huge carryover to your training performance and your overall physique. And it needs to be more than just a 5-minute walk on the treadmill, especially when you are doing an upper body focused workout.

An effective cool down routine needs to compliment the training session; holding poses for an extended period of time to ensure adequate blood flow to the trained muscles in order to ensure maximal recovery and minimal muscle soreness.

Effective mobility and stretching can:

- promote better recruitment patterns; the ability to activate certain muscles and tissues as required.
- make you stronger by priming your body with mind-muscle connection; sending signals from your brain to muscles in order to ensure it's prepared for heavier weight loads.
- help you to look better, something that we all want. When we prepare the body in a purposeful way, we can ensure that every single working repetition is much more effective, and over time this can mean more muscle demand and therefore more muscle growth.
- prevent injury; when the muscles are warmed up properly we can ensure that there is proper blood flow and joint fluid throughout the body before we add resistance for working repetitions.

*In short: effective mobility can make you perform better, feel better and look better.*

## PRE WORKOUT MOVEMENT:

*dynamic (flowing) movements that prepares the body for resistance training to increase effectiveness, improve performance, and promote additional muscle development.*

## POST WORKOUT MOVEMENT:

*static (held) movements that can decrease muscle soreness, reduce the risk of injury and increase range of motion for your next session.*

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# READY & RECOVER

WARM UP & COOL DOWN ROUTINES FOR ANY STRENGTH-BASED ATHLETE



*Training UPPER BODY PUSH movements? Follow this:*

## READY

5:00 primer on a cardio-based machine (something where your arms are moving, like ergo rower or elliptical)

Back and forth between the following sets of movement patterns:

Dowel dislocation: 2x 15 reps  
Standing cable fly: 2x 15 reps

Internal cable rotations: 3x 15 reps each arm  
External cable rotations: 3x 15 reps each arm

Resistance band pull-aparts: 3x 15 reps  
Push ups: 3x 10-15 reps

Standing DB around-the-world raises: 2x 15 reps  
DB flat bench chest press: 2x 15 reps

## RECOVER

Foam roller: target upper body areas like shoulder blades and lats  
Lacrosse ball: target shoulder blades, lats, triceps, across chest and entire shoulders

Holding each of the following static stretches for a minimum of :30 seconds each (optimal: 45-60)

One-arm doorway (or wall) chest stretch  
One-arm doorway (or wall) bicep stretch  
Overhead tricep stretch (each arm)  
Twisted cross (each arm)  
Thread-the-needle (each arm)  
Puppy dog

*Unsure of a movement? Use Google Search to find these.  
Be sure to include the words like: warm up, mobility, or stretch in order to get the correct movements.*

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WARM UP & COOL DOWN ROUTINES FOR ANY STRENGTH-BASED ATHLETE



**Training UPPER BODY PULL movements? Follow this:**

## READY

5:00 primer on a cardio-based machine (something where your arms are moving, like ergo rower or elliptical)

Back and forth between the following sets of movement patterns:

Dowel dislocation: 2x 15 reps  
Inchworm walkouts: 2x 5-10 reps

Wall slides: 3x 15 reps  
Toe-to-sky reaches: 3x 15 reps

Resistance band pull-aparts: 3x 15 reps  
Hanging scapular retractions: 3x 10-15 reps

Cable rope face pull: 3x 15 reps  
Cable rope pullover: 3x 15 reps

## RECOVER

Foam roller: target upper body areas like shoulder blades, lats and lower back  
Lacrosse ball: target shoulder blades, lats, forearms, biceps, and each side down your spine (erectors)

Holding each of the following static stretches for a minimum of :30 seconds each (optimal: 45-60)

One-arm doorway (or wall) bicep stretch  
Banded lat stretch (click for video reference)  
T-spine stretch (click for video reference)  
Twisted cross (each arm)  
Thread-the-needle (upper body, each arm)  
Child's pose (with hands reaching behind head and down back)

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# READY & RECOVER

WARM UP & COOL DOWN ROUTINES FOR ANY STRENGTH-BASED ATHLETE



**Training LOWER BODY movements? Follow this:**

## READY

5:00 primer on a cardio-based machine (more leg focused, like a treadmill, elliptical or step mill)

Back and forth between the following sets of movement patterns:

Bodyweight squats: 3x 15 reps  
Toe-to-sky reaches: 3x 15 reps

Squat-stance lateral steps: 3x10 reps each direction  
45-degree reverse angle leg reach: 3x10 reps each direction

Alternating Spiderman lunge: 3x 10 reps each leg  
Hamstring sweep: 3x 10 reps each leg

DB goblet squat: 3x 15 reps  
Stability ball leg curls: 3x 10-15 reps

## RECOVER

Foam roller: target lower body areas like quads, hamstrings, calves, and glutes  
Lacrosse ball: target quads, glutes and calves

Holding each of the following static stretches for a minimum of :30 seconds each (optimal: 45-60)

3-way resistance band hamstring (click for video reference)  
Resistance band hip flexor (each leg)  
Tall kneeling quad (each leg)  
Single leg forward fold (each leg)  
Thread-the-needle (lower body, each leg)  
Pigeon pose

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# READY & RECOVER

WARM UP & COOL DOWN ROUTINES FOR ANY STRENGTH-BASED ATHLETE



**Training FULL BODY movements? Follow this:**

## READY

5:00 primer on a cardio-based machine (something where your arms are moving, like ergo rower or elliptical)

Back and forth between the following sets of movement patterns:

Dowel dislocation: 2x 15 reps

Alternating reverse lunge with torso twist: 2x 10 reps each side

Quadruped thoracic rotation-extension 3x 10 reps each arm

Standing cable fly: 3x 15 reps

Hanging scapular retractions: 3x 10-15 reps

Push ups: 3x 10-15 reps

Cossack squat: 3x 10 reps each leg

KB windmill: 3x 10 reps each side

## RECOVER

Foam roller: target areas like entire back, quads, hamstrings and glutes

Lacrosse ball: target shoulder blades, across chest, calves, glutes and low back

Holding each of the following static stretches for a minimum of :30 seconds each (optimal: 45-60)

Seated straddle

Single leg forward fold (each leg)

Lizard (each leg)

Resistance band chest opener (each arm)

Supine spinal twist (each side)

Child's pose (with hands reaching behind head and down back)

*Unsure of a movement? Use Google Search to find these.*

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