

In2it Fitness Presents:

The Complete Warmup Routine

A 10 minute step-by-step guide to preparing your body for a safe and maximally effective workout



By: Coach Daniel Charlat
In2itfitness.com

Disclaimer:

All of the information is intended for education purposes- awareness of one self-including but not limited to injuries and mobility is critical and needs to be understood by the athlete before strength training. These exercises can be coherently dangerous, just like any physical activity performed incorrectly. You should ensure clearance from a physician for physical activity prior to engaging in intensive exercise. The author takes no liability for any injury as this warm up routine is merely an educated and science based suggestion for those capable of arduous physical activity.



Introduction:

Why have injuries become so widely accepted in gyms? And why do people continue to workout with them?

I'll stay on topic but... are they the newly accepted norm?!

NO!

Throughout my entire career while assessing an athlete's injury, my first question is always, "Did you properly warmup and stretch before you began the workout?"

Nine out of ten times the answer is no. In fact I would say all ten people I ask answer no, but there are people who get injured even with a proper warmup routine- unfortunately it does not make you invincible.

Ensuring athletes complete comprehensive, full body warmups has been a topic discussed throughout the entire fitness industry. Since this is my article, however, I will fall on the side of experience backed by science. **An ample warmup is imperative for not only the most productive and effective workouts, but also to remain injury-free.**

It has not only been shown in hundreds of my athletes, but also backed by science, that foam rolling in addition to static and dynamic stretching in warmups increases mobility and strength, as seen in the [Journal of Sport Rehabilitation](#).

So let me show you how I have combined science and experience to create the ULTIMATE WARMUP ROUTINE in under 10 minutes!

Since everyone, and I mean everyone, is different (injuries, strengths, mobility limitations, etc.) it will be most beneficial for you to take the tools I provide you with to create a warm up to best fit you. For example if I struggle greatly with shoulder range of motion I would definitely want to spend more time mobilizing that area.

Layout:

I have created a seamless routine with many alternatives and variations for you to follow. Through research and self-practice I have taken the hard work out of creating an efficient and well organized warmup routine and produced this easy-to-follow guide for you to incorporate into your workouts!

As you will soon see, there is an organized table bellow. It is NECESSARY you complete one exercise (column) in each category (row). As you move throughout the routine, the exercises target specific muscles to get you ready for an array of workouts whether that is bodybuilding, crossfit, or a rigorous weight loss program.

A hyperlink is attached to every movement to connect you to a video (of me of course) to very briefly demonstrate the movement. These links are blue and underlined, so keep your eye out for them; why not ensure you know how to preform the movement correctly with the click if a button?

Please keep in mind this routine was put together by my beliefs of what is most effective in a short, quick, and to-the-point warmup. Any routine, however, which elevates heart rate, raises muscle temperature, and increases blood flow to muscles (vasodilation) can suffice.

This simple, easy to use guide will allow you to create your own warmup routine depending on which movements you use.

Keep in mind that the “easiest” exercises are on the left side on each table, as you master those movements I urge you to move to the right side of the tables. Those exercises are more involved and complex but will be even more beneficial to prepare you for the workout that lies ahead!

Full Body Warmup

Part 1: Blood-pumpin' cardio – *3-5 minutes*

| | | | |
|------------|-----|-----|-----------|
| Elliptical | Jog | Row | Jump Rope |
|------------|-----|-----|-----------|

Part 2: Self myofascial release (SMR) – *2 minutes*

| | | |
|-------------|-----------------------|--------------|
| Foam Roller | Lacrosse Ball Rolling | Voodoo Floss |
|-------------|-----------------------|--------------|

Part 3: Dynamic lower body exercises – *2 minutes*

| | | |
|---|---|---|
| <u>High Knees</u> 1x15-20 reps /side | <u>Moving Leg Swings</u> 1x10 reps /side | <u>Forward Lunge w/ OH reach (Samson stretch)</u> 1x10 reps /side |
| <u>Butt Kicks</u> 1x15-20 reps /side | <u>Walking Quad Stretch</u> 1x10 reps /side | <u>Box Jump</u> 1x10 reps /side |
| <u>Lateral Shuffle</u> 1x15-20 reps /side | <u>Lateral Leg Swings</u> 1x10 reps /side | <u>Stationary Lateral Lunge</u> 1x10 reps /side |

Full Body Warmup – continued...

Part 4: Spine mobility and activation – *1 minute*

| | | | |
|--|--|---|--|
| <u>Laying T-Spine Rotation</u> 1x10 reps /side | <u>Kneeling T-Spine Rotation</u> 1x10 reps /side | <u>Bent Over T-Spine Rotation</u> 1x10 reps /side | <u>Spiderman lunge with T-Spine Rotation</u> 1x10 reps /side |
|--|--|---|--|

Part 5: Dynamic upper body exercises – *1 minute*

| | | |
|--|---|---|
| <u>Dowel Pass through</u> 1x20 reps | | |
| <u>Arm circles</u> 1x10 each direction | <u>Push Up into downward dog</u> 1x10 reps | <u>Kettlebell swings</u> 1x15 reps |
| <u>Hanging knee raise</u> 1x10 reps | <u>Scapular retraction with static knee raise</u> 1x10 reps | <u>Scapular retraction with static knee raise</u> 1x10 reps |

Part 6: Full body incorporation – *1 minute*

| | | |
|--------------------------------------|---|---|
| <u>Box Squat</u> 1x15 reps | <u>Goblet squat</u> 1x15 reps | <u>Squat Broad Jump</u> 1x12 reps |
| <u>Burpee</u> 1x10 reps | <u>Inchworm</u> 1x6 reps | <u>Inchworm with a push up into downward dog</u> 1x6 reps |

Upper Body Focused Exercises

These extremity specific exercises can be incorporated into your current warmup; doing them can exponentially increase your range of motion as well as decreasing injuries and improving your work performance. Keep in mind these are dynamic warmup exercises – much different than static stretching, which are also extremely advantageous towards boosting mobility, and should be done post workout.

All in a warmup under 10 minutes!

Dowel pass-through - 1x20 reps

Floor or wall shoulder slides - 1x12 reps

Standing external rotation (rotator cuff stretch) - 2x :30 seconds

Wall assisted shoulder, Lat., T-spine stretch - 2x :30 seconds

Swimmers hover - 2x6 reps

Lower Body Mobility Focused Exercises

These extremity specific exercises can be incorporated into your current warmup; doing them can exponentially increase your range of motion as well as decreasing injuries and improving your work performance. Keep in mind these are dynamic warmup exercises – much different than static stretching, which are also extremely advantageous towards boosting mobility, and should be done post workout.

All in a warmup under 10 minutes!

Boot strappers - 1x12 reps

Split stance adductor pulses - 1x10 reps /side

Standing hamstring & dorsiflexion stretch - 1x10 reps /side

Rear foot elevated hip flexor stretch - 1x10 reps /side

Duck Walk - 1x15 reps

Quick Premade Specialty Warmups

(all exercises taken from above)

Lower Body

Quick cardio (2-3 minutes) – jog, bike, jump rope

SMR (2-3 minutes) – foam roller, lacrosse ball, voodoo floss

Leg Swings – 1x10 reps each direction

Boot Strappers - 1x10 reps total

Spiderman lunge with T-spine rotation - 1x10 reps total

Lateral shuffle - 1x20 reps each side

Squat broad jump - 1x10 reps

Upper Body

Quick cardio (2-3 minutes) – Row, jog, jump rope

Dowel pass-throughs - 1x20 reps

Arm swings and hugs – 1x10 reps each

Floor or wall shoulder slides - 1x10 reps

Pushup + downward dog - 1x10 reps

Hanging scapular retraction - 1x10 reps

Kettlebell swings - 1x12 reps

Action:

Now that you have learned all the secrets of a comprehensive warmup guide, it's time you put it to work! I have broken it down for you so it is not only easy to follow, but so you can understand the fundamentals, importance, and ease of a warmup!

This guide can prepare you for anything from running a marathon to your relaxing sore-free recovery day; that being said a routine like this can be done anytime, not only before a workout!



Lastly, I would like to thank you for taking the time to read this guide and for trusting me, as well as science, to lead your fitness journey!

If you have any questions regarding this guide, or anything fitness related, I can be reached from my website, In2itfitness.com or emailed at in2itfitnesstraining@gmail.com.

Best of luck on your fitness journey!

~Coach Daniel Charlat