



# **UNIT 5: WARM UP**



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### Video 20 - Warm Up: Introduction

- A. Target the Joints that are Problematic
  - B. Optimize those Joints
  - C. General Warm-up (1:20)
    - a. Low-intensity cardio for 3-5 minutes
    - b. Take 1 to 2 weighted movements that targets the problematic joints
    - c. Take 1 to 2 mobility specific exercises that targets the problematic joints, while focusing on eccentric control and isometric holds taking deep breaths
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### Video 21 - Warm Up: The Mash Way

- A. Travis' Personal Warm Up
    - a. Low-intensity cardio for 3-5 minutes
    - b. Belt Squat machine (0:55)
      - i. 3 sets of 10 of squats
    - c. Hip Circle (1:08)
      - i. Lying prone on a bench, put the hip circle around the feet, bring feet parallel to the floor, flex the knees, and with one leg, push against the hip circle into hip extension, while the other leg stays isometrically in hip flexion
      - ii. Perform on both sides for 3 sets of 10
    - d. Unilateral RDL (2:07)
      - i. Perform the RDL and then go into external rotation each rep
      - ii. Flex the glute at the top to get full extension
      - iii. 8-10 reps per leg
    - e. Take the barbell and perform the movement with just the bar
  - B. High Frequency with the Movement that is Problematic
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### **Video 22 - Warm Up: Hips**

- A. Belt Squat: 3 sets of 10 (0:36)
  - B. Hip Circles: 3 sets of 10 each side (1:00)
  - C. Unilateral RDLs with Hip External Rotation: 3 sets of 10 each side (1:20)
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### **Video 23 - Warm Up: Hamstrings**

- A. RDLs with weight: 8-10 reps with 3-5 second Eccentrics and Isometric Holds (0:30)
  - B. Prone Band Extension and Flexion: 8-10 reps per leg (1:22)
  - C. Hamstring Sweeps: 3 sets of 6-8 reps per leg (2:00)
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### **Video 24 - Warm Up: Quads**

- A. Kettlebell Potato Sack Squat: 3 sets of 10 with 3-5 second Eccentrics and Isometric Holds (0:21)
  - B. Prone Band Aided Quad Stretch: 3 sets of 10 per leg (1:24)
  - C. Lunge and Reach: 3 sets of 10 per leg (2:30)
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### **Video 25 - Warm Up: Ankles**

- A. Lacrosse Ball (0:24)
    - a. Take shoes off and roll the bottom of the foot over the ball for 20-30 seconds each foot
  - B. Unilateral Calf Stretch (1:16)
    - a. Use a step or a block to get full lengthening
    - b. 8-10 per leg
  - C. Weighted Calf Stretch (1:56)
    - a. Sit straight down with vertical spine, both feet on the ground
    - b. Place the barbell on the top of both knees
    - c. Lean to one side keeping the feet on the ground and lean to the other side
    - d. 8-10 reps per leg
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### **Video 26 - Warm Up: Thoracic Spine/Shoulder Circuit 1**

- A. Floor Slides using a Peanut (0:42)
    - a. Supine on the floor
    - b. Place the peanut between the shoulder blades
    - c. Rib cage stays tucked
    - d. Stay Neutral
    - e. Arms stay on the ground
    - f. Reach over head
    - g. 3 sets of 8-10 reps
  - B. Quadrupes (1:56)
    - a. On all fours
    - b. Hand behind head or behind the back
    - c. Reach back to show chest to the opposite wall and then bring elbow to opposite knee
    - d. Both internal and external rotation
    - e. 3 sets of 8-10 reps per side
  - C. Pass Throughs with PVC: 3 sets of 8-10 (3:14)
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### **Video 27 - Warm Up: Thoracic Spine/Shoulder Circuit 2**

- A. Band Assisted Arm Circles: 3 sets of 10 each arm (0:57)
  - B. Cobra Pose (2:01)
  - C. Drive the Bus (2:47)
    - a. Lay Supine with peanut between the shoulder blades
    - b. Hold heavy plate and out in front of you and turn it to the left and right
    - c. 10 turns per side taking deep breaths each turn
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