



Warm-Up System

Practical Program Design Mastery

BUILDING MUSCLE
WITH A PURPOSE

**STRENGTH
ZONE
TRAINING**TM

3-Stage System

- Get Warm
- Get Loose
- Get Athletic



Benefits

- These warm-up sequences do far more than just boost your body temperature.
- They're also used to increase the variety of activity in your workouts.
- They also help you develop a more well-rounded body that's not just stronger and better looking but also more mobile— benefits that the typical warm-up on the treadmill or bike simply can't match.



Multiple Clients: Individualization

Get Warm: Everyone does it.

Get Mobile: Everyone does it.

Get Athletic: Not everyone does it.

- Beginners don't do the *Get Athletic*.



Functional Movements Addressed

- **Jumping and Landing**
 - **Throwing and Striking**
 - **Locomotion**
 - **Rotation**
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- Locomotion: The agility ladder ladder provides a fun and interesting way to exercise.



Power Training

- *Do something fast everyday.*
- Explosive vs. Reactive power



Power Training Isn't Just for Athletes!

- Power training has been shown to increase older adults' ability to perform activities of daily living (ADL) more than standard strength training. (1)
- “Between the ages of 65 and 89, explosive lower-limb extensor power has been reported to decline at 3.5% per year compared to a 1-2% per year decrease in strength.” (2)
- “Although power is related to strength, it is a separate attribute that may exert a greater influence on physical performance.” (7)
- The association between power and successful aging is apparent in the research for:
 - *The maintenance of independence (3,4)*
 - *Fall prevention (less probability) (5)*
 - *Rehabilitation from injury (6)*



Logistics

- Blending Power and Mobility.
- Make better use of your workout time.
- Mobility as active rest between power.



Mobility

The Big 3:

- Ankles
 - Hips
 - Thoracic Spine
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- “If you don’t use it, you lose it.”
 - Move your joints into their end range of motion, whereas the strength-training avoids end-range joint actions in order to maximize safety in handling heavy loads.



Warm-Up: Specific vs. General

- Specific warm-ups serve essentially as “build-up” sets because they are simply lighter, less intense versions of whatever exercises you’re getting ready to perform; they are used to build up gradually to your working intensity.
- Power build-up sets
- The warm-up sequences are general warm-ups because they involve a few general athletic, coordination and mobility exercises.



Time

- No longer than 10 mins.



References:

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4. Foldvari, M., et al. 2000. Association of muscle power with functional status in community-dwelling elderly women. *Journal of Gerontology*, 55A (4), M192–99.
5. Whipple, R.K., et al. 1987. The relationship of knee and ankle weakness to falls in nursing home residents: An isokinetic study. *Journal of the American Geriatrics Society*, 35 (1), 13–20.
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