



MALLORY ROWAN

YOUR WORKOUT WARMUPS

You do not need to do both lower and upper,
choose based off the workout that day and what needs to get warmed up!

For a video demo of a warmup, click on the exercise name below.

LOWER BODY: Choose one from each category for 2-3 sets of 10-15 reps.	
General	Leg Swings 5 Min Treadmill/Elliptical
Hip/Glute	Deep Lunge Stretch 90/90 Stretch Laying Wall Squat
Hamstring/Groin	Toe Touches (right, left, middle) Frog Stretch
Lower Back	Leg Crossover Scorpion

UPPER BODY: Choose one from each category for 2-3 sets of 10-15 reps.	
General	Pipe/Band Around the World Pipe/Band Overhead Press
Back	Banded Pull Apart
Chest/Bicep	Wall Stretch

WARM UP SETS FOR BARBELL LIFTS
1. Go through the motions of the first exercise using no weight. Do double the prescribed reps of the first set. (Eg if your first set is 8, do 16.)
2. Start with the empty bar or a low weight. Do half the prescribed reps of the first set. (Eg if your first set is 8, do 4.)
3. Begin your first warm up set. Use 50% of your targeted weight you plan to use in your working sets. (Eg. if you're looking to lift 200lbs, use 100lbs.)
4. Increase 10-12% for each warm up set. This should be a total of 4-5 warm up sets to get your blood flowing.
5. You should be feeling ready to go. Get started!