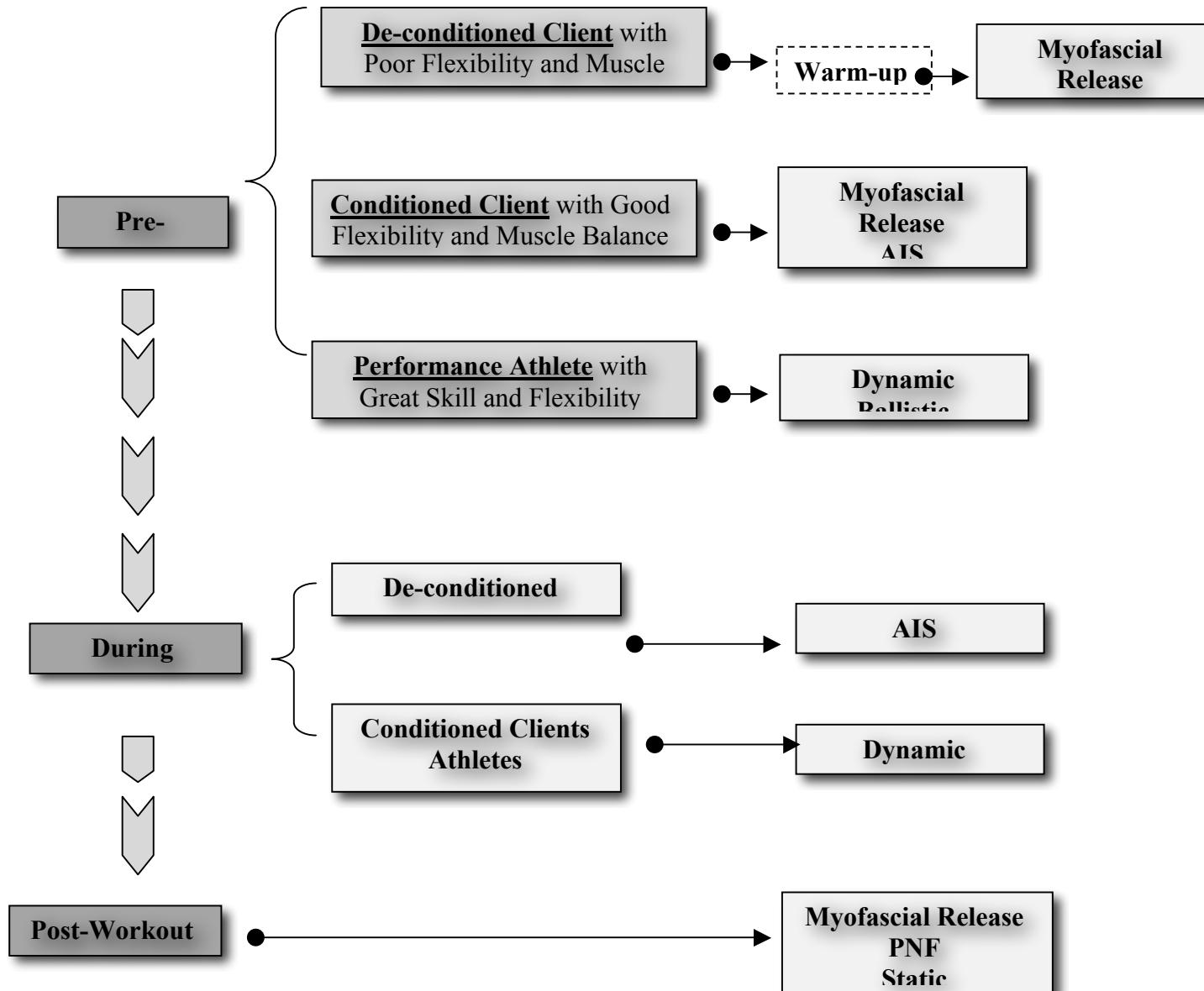


Warm Beginnings and Cool Endings

Take a fresh look at warm up and cool down strategies. Examine the essential components of three different warm ups: Athletic, Dynamic and Rhythmic. Review warm up elements beyond elevating core temperature and apply these principles through practical application. Finish by learning three unique cool down strategies: Partner stretching, static passive and myofascial release.



Modality	Variables	Notes	Demonstration
Static	<ul style="list-style-type: none"> ✓ 2 – 4 reps x 15 – 30 sec ✓ Target major muscle groups for a total of 15 -20 minutes ✓ More muscle specific, not intended for whole body stretching 	<ul style="list-style-type: none"> ✓ After ~ 5 sec of stretch tension, muscles may experience decreased localized blood flow (ischemia, lactic acid accumulation) which may increase fatigue. 	Passive straight leg raise (hamstrings)
Proprioceptive Neuromuscular Facilitation (PNF)	<ul style="list-style-type: none"> ✓ 2 – 3 reps with: <ul style="list-style-type: none"> • 3 – 15 sec contraction • > 10 sec stretch ✓ More muscle specific, not intended for whole body stretching 	<ul style="list-style-type: none"> ✓ Partner-assisted. ✓ "Hold- Relax" (simplest technique) ✓ Passive movement to end-ROM ✓ Mild (20-70% of maximal effort) isometric contraction ✓ Progressively increasing intensity in that range is very effective ✓ Deeper static stretch immediately following 	Partner-assisted supine hamstrings stretch
Myofascial Release	<ul style="list-style-type: none"> ✓ Apply constant pressure back and forth rolling 3 – 6" for 30 – 45 sec (> 30 reps) ✓ Continue until client experiences noticeable decrease in tenderness or tension 	<ul style="list-style-type: none"> ✓ A "knot" represents fibers not in alignment ✓ Relaxes and aligns fibers in the direction of the healthy fibers of the muscle or fascia 	<i>Roller:</i> thigh - posterior compartment
Active Isolated Stretching (AIS)	<ul style="list-style-type: none"> ✓ 1 – 2 sets x 5- 10 reps, holding the end ROM for 1-5 ✓ 10-15 minutes targeting problem areas 	<ul style="list-style-type: none"> ✓ Involves activating agonists to shut down tight antagonists ✓ Involves isolated joint movement (single joint) in a more-supported environment with limited ROM 	Active straight leg raise (hamstrings)
Dynamic Movement	<ul style="list-style-type: none"> ✓ 1 set x 10 reps at a controlled tempo ✓ Progressively increase movement complexity, mimicking forthcoming activities ✓ 5-10 minutes on targeted areas 	<ul style="list-style-type: none"> ✓ Integrated movement that relies on force production and momentum created in body to move joints through functional ROM. ✓ Requires greater core stability, movement control, dynamic balance and coordination 	Standing single-leg into an inverted flyer

Warm up

Three essential C's for your warm up in a group fitness class:

1. Connect: introduce yourself, make eye contact and find out if there's anyone new in your class
2. Content: Your warm up should include all three planes of motion, incorporate dynamic stretching and heat the body up
3. Check: Watch how your individuals move, observe their movement quality and see how they respond to your cues

Warm up #1 Athletic

Start by having people stand in a circle. Remind them of their right and left sides. Tell them they will be moving dynamically in the circle. Instruct them to keep the circle large.

Circle

Fast Walk with exaggerated Thoracic Rotation	Moving to Right
Jog	Moving to Right
Butt Kicks	Moving to Right
High Knees	Moving to Right Switch to Left and repeat
Lateral Shuffle	Moving Right
Carioci	Moving Right Switch to Left and Repeat. Add Reactive
Quick Feet	Hold
Burpee	Hold Add reactive
Quick Feet Drills	Cross-over, Fwd/Back, Lateral Jump, Straddle
Plyometric Skip/High Knees/Butt Kicks/Lateral Shuffle and Carioci	Reactive traveling R/L

Warm up #2 Dynamic

Have people line up at one end of the room. If the room is a rectangle, stand facing the 'long' end of the room. Have 2-3 feet between lines. Instruct them what side of their 'lane' to move forward and back in.

Lines

Knee Hugs	Traveling Forward Turn Around and Run Back
Butt Kicks and Quad Stretches	Traveling Forward Turn Around and Run Back
Hip Circles Add Lateral Shuffle	Traveling Forward Turn Around and Run Back
Lateral Lunge/Touch-down	Lateral Travel R/L Turn Around and Run Back
Lunge Forward, Extend Front Knee, Step Forward	Traveling Forward Turn Around and Run Back
Lunge Forward, Stretch Arms Overhead, Lateral Spinal Flexion	Traveling Forward Turn Around and Run Back
Pivoting Side Squat x 3 + Curtsy Lunge	Traveling with Rotation Turn Around and Run Back
1-2-3 Jump-Switch + Jump Lunge	Traveling Forward Turn Around and Run Back
3 x Quick Jumps Forward + Burpee	Traveling Forward Turn Around and Run Back
Plank Walk-Down/Up to Push up + 2 x Dynamic Beast	Stationary

Warm up #3 Rhythmic

Everyone working together following the instructor rhythmically

Reach Up, Extend Hips/Flex Forward @ Hips	Reach OH, Stretch Anterior Body, Hinge Forward, Stretch Posterior Body
Squat, Cat/Cow, Stand/Reach/Rotate	Flow from Hinge to Squat. Rotate whole body, from ground up, Feet, Knees, Hips
Rotate Side-Side	Rotate whole body, from ground up, feet, knees, hips, especially thoracic spine
Alternating Reach to Feet x 3 + Hip Extension Reach	Hinge forward, reach long towards alternating feet. Reach up, extend spine
Hold Reach, Stretch OH R/L	Feet together, reach up, reach R/L + chest opener
Lunge Forward with Lateral Spinal Flexion	Reach arms OH as you lunge, lateral flexion with arms OH
Hip Rotation to Lateral Lunge and Sweep Arms to Rotation	Big hip rotation, lateral lunge, rotate whole upper body with both arms sweeping
Walk to Plank to Downward Dog with Alternating Calf Stretches	Walk hands forward to plank/Downwards Dog. Alternating calf stretches
Walk Down to Forearm Plank/Up to Push Ups	From plank to forearm plank to high plank to push up
Downwards Dog to Alternating Lunge/Hip Stretch	From Downward Dog to deep front lunge

Cool Downs

The Three Essential M's of a Cool Down

1. Music
2. Mood
3. Modality

Partner Stretch

Team people together into pairs who're about the same size, have a small towel for each person to hold onto for any sweat. Teach actual right and left rather than mirroring

Standing	Seated
Partner Quad stretch: Stand facing/holding with 1-arm, stretch 1 quad with other	Partner Seated Hamstring stretch: Sit facing, legs extended, hold hands pull fwd
Partner Glute stretch: Stand 1-leg figure-4 stretch holding hands, facing	Partner Seated Butterfly: Sit facing, open knees, hinge forward/back/alt partners
Partner Lat stretch: move back, holding wrists, sit back and hinge forward	Partner Seated Straddle: Sit facing, open legs, hinge forward/back/alt partners
Partner Calf stretch: Facing hands on shoulders, staggered stance, press heel	Partner Seated Glute: 1 person standing holding hands, figure-4 pull up, lean back
Partner side-by-side chest stretch: Staggered stance, 1 arm stretch	Partner Seated Lat: Sit x-legged. 1 person standing, hold 1 arm, pull up and back
Partner lower back stretch: Stand facing, cross arms over, hold hands, squat-lean	Partner Seated Lower back: 1 person standing, hold hands, pull up and back

Foam Roller

Myofascial Release and Trigger Point

Move slowly, roll and hold on tender points. Encourage smooth breathing.

Calf: 1-leg	Trigger Point, foot circles and 'slap'
Supine on Roller, Lengthwise	I-Y-T-W chest and shoulder stretch and 'backstroke'
Lumbar Spine	Angle sides for Quadratus
Thoracic Spine	Roll and mobilized 3-D in all planes of motion. Maintain lumbar stab.
Glute: Side Angle + Figure-4	Rock and Roll. Hold Fig-4 rotate knee out and in
Glute to IT Band	Roll and hold, flex and extend knee. Repeat moving down leg

Psoas and Quad	Roll all angles of quad. Hold on tender points, flex/extend knee
Adductor and Bilateral Quad	Prone over roller, open knees into a 'frog' position and roll medial quad
Repeat Psoas and Quad other side	
Repeat IT Band to Glute	

Static Stretches

Hold each stretch 15-30 seconds. Repeat each stretch 2-3 times.

Supine/Quadruped	Kneeling/Standing
Hamstrings multi-dimensional	½ kneeling psoas multi-dimensional
Gluteus maximus	Standing Thoracic rotation
Torso rotation	Standing Latissimus Dorsi
Lower Back Flexion	Standing Balanced Quadriceps
Quadruped Cat/Cow	Active/Dynamic Pectoral/Anterior Deltoid

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