

How to warm-up

by trainer winny

You always need to warm-up properly before you start working out.

Do some stretches for the most important joints, like shoulders, wrists, elbows, knees, hips and ankles.

It really does not need to be anything fancy, just some basic stretches that you used to do in school.

You will know that you are **ready**, when your **joints do not feel stiff and cold anymore**.

You can also do like 5-10 minutes on the treadmill or elliptical, to get your blood going so you feel ready for action!

The main purpose of a warm-up is literally to feel warm.

And after you achieve that, you can **slowly build up** on the first exercise that you are doing.

For example, if you are doing the bench press as the first exercise of the workout, you will do the following:

Start with doing couple of reps with an empty bar, then put on roughly 50% of your working weight on the bar – and do like 3-4reps with it.

Then put on 75% of your working weight on the bar, and do 2-3reps with it.

Then you are **ready to start your actual working sets!**

Note: You can do **even more warm-up sets if you want**, that would be perfectly fine, just make sure that when you start your working sets - you are **always warm**.