



MOBILITY AND ACTIVATION FOR OPTIMAL PERFORMANCE

PRE-WORKOUT ACTIVATION GUIDELINES

A PROPER WARM-UP IS ESSENTIAL TO PREPARE OUR BODIES FOR AN ENSUING EXERCISE SESSION OR RACE. This not only reduces our injury risk but also primes the body for optimal performance by activating the right muscles and joints, and gets the neuromuscular system working.

As the drills are specific to the activity you're about to perform, it is important to select the right type of activation exercise. Specific movement drills should activate specific muscles involved in the relevant movement patterns.

FIRING ON ALL CYLINDERS

Priming our neuromuscular system to fire optimally ensures muscles contract when they're supposed to and do so more forcefully.

In the broader context, **pre-workout activation focuses on neuromuscular activation** – performing exercises or drills to activate the right muscles in the right sequence so that they fire when you need them to.

A comprehensive pre-workout activation routine should consist of a combination of general mobility and movement-specific drills. You can even incorporate some resistance with bands to amplify the activation effect.

These dynamic movements enhance the communication between your nervous system and your muscles and gets your body functioning as an integrated system, which is the way it was designed to operate.



SELECT THE RIGHT MOVEMENTS

1

Start with some light cardiovascular activity or easy whole body movement.

2



Perform each drill for 30-60 seconds per movement, per side or per limb.

3

Keep your pre-workout activation routine to about 10 minutes.

4

Complete your activation drills 3-10 minutes before your training session or race to ensure no residual fatigue remains



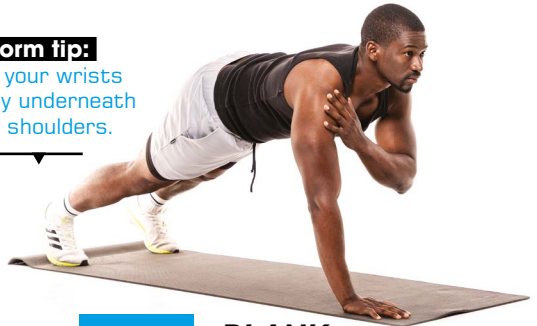


SHOULDER DISLOCATIONS

Target areas: Shoulder girdle, including rotator cuffs and upper back
Ideal for: Upper body weight training, functional training, CrossFit, swimming

How to do it: Stand with feet wider than hip-width apart. Pull a resistance band taut with both hands. Extend your arms downward in front of you. Lift your hands up, over and behind your head. Bring the band as close to the small of your back as possible. Reverse the motion to return to the starting position.

Form tip: Keep your wrists directly underneath your shoulders.



PLANK SHOULDER TAPS

Target areas: Core, arms and shoulders
Ideal for: Upper body weight training or swimming, most sports

How to do it: Drop into a straight-arm plank position. Keep your core engaged as you touch your left shoulder with your right hand. Repeat with your left hand and right shoulder. Continue in an alternating pattern while minimising hip movement or trunk rotation.

UPPER BODY

BAND PULL-APARTS

Target areas: Shoulders and upper back
Ideal for: Upper body weight training or swimming

How to do it: Stand upright and slip your wrists inside a mini band. Hold your arms up in front of you at chest height. Position your hands shoulder-width apart with your arms extended. Pull the band apart. Return your hands to the starting position under control.

Form tip: Squeeze your shoulder blades together at the peak of the contraction.





Form tip:

Ensure that your knees are below your hips and your hands are below your shoulders.

LOWER BODY

KNEE LIFT AND KICKBACK

Target areas: Activates the hip flexors, quads, hamstrings and glutes
Ideal for: Before running

How to do it: Stand tall. Lift your knee to a 90-degree angle. Hold the position for a count. Then drive the leg back while maintaining the 90-degree knee bend.

DONKEY KICK

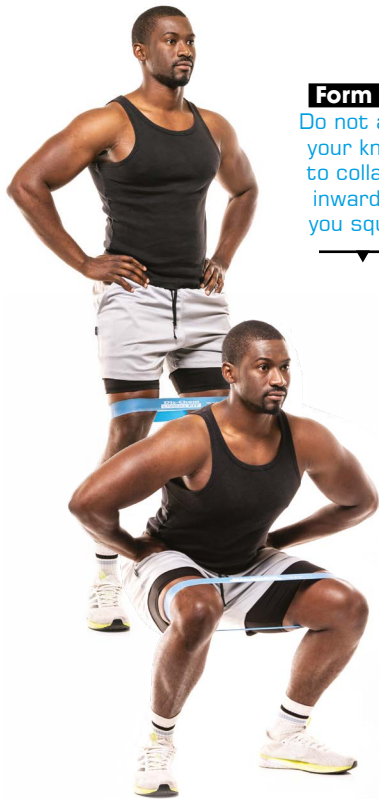
Target areas: Glutes
Ideal for: Before lower body weight training and running

How to do it: With a mini band looped around your feet, drop onto your hands and knees. Lift your right leg, keeping your knee bent, until your thigh is parallel with the floor. Keep your foot flexed. Lower your right leg to return to the starting position. Repeat with the other leg.

STANDING HURDLE STEPS

Target areas: Hip flexors and extensors, pelvic stability, core
Ideal for: Running, cycling, most sports

How to do it: Position a mini band around the front of your feet. Stand tall and drive your right knee up. Maintain control and bring your foot back to the starting position. Repeat with the left leg.



Form tip:
Do not allow your knees to collapse inward as you squat.

Form tip:
Keep your hips level throughout the movement.



BANDED SQUATS

Target areas: Glutes, upper legs and hips
Ideal for: Lower body weight training, running, most sports

How to do it: Position a mini band just above your knees. Stand with your feet hip-width apart, with your hands on your hips. Bend your knees and push your hips back to drop into a squat. Return to the upright position by extending your hips.

3-WAY KICKS

Target areas: Glutes and hips
Ideal for: Activities that require balance and stability

How to do it: Stand tall with a mini band around your ankles. Shift your weight onto your left leg. Keep your right leg straight as you kick it forward. Bring it back to the starting position under control, then kick it out to the side. Return to the starting position, then kick your leg back. Repeat with the left leg.

LEG CIRCLES

Target areas: Glutes and hip mobility
Ideal for: Activities that require balance and stability

How to do it: Stand tall with a mini band around both ankles. Shift your weight onto your left leg. Keep your right leg straight as you make big circles in a forward and backward direction.



Form tip:
Don't let your hips drop as you hold the stretch.

FULL BODY

BEAR CRAWL

Target areas: Arms, shoulders, core, pelvis and legs

Ideal for: Any activities that require upper body stabilisation and movements that connect the legs and upper body

How to do it: Drop onto your hands and feet. Lift your knees off the ground. Crawl forward along the ground with your hips down. Crawl backwards to the starting position.

THORACIC BRIDGE

Target areas: Pelvis, hips, back

Ideal for: Anyone who sits in front of a computer all day and participates in sport or fitness

How to do it: Start in a seated position with your hands slightly behind your glutes, your knees bent and your feet on the ground. Extend your hips up toward the ceiling, squeezing your glutes to lift them up as high as you can to create a tabletop with your torso as you look up. Hold for the appropriate count before dropping your hips back down.

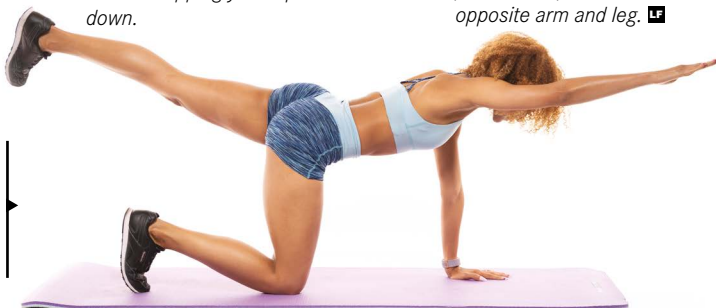
BIRD DOG

Target areas: Core, hips, back

Ideal for: Activating core stability and creating spinal alignment before load-bearing exercise

How to do it: Start on your hands and knees with your hands under your shoulders and your knees under your hips. Flex your feet as you kick your right leg back behind you and raise your left arm out in front of you. Hold for a count before returning to the starting position. Repeat with the opposite arm and leg. **LF**

Form tip:
Keep your hips and chest square to the ground as you lift your arm and leg. Do not rotate as you lift.



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