

## **The seven rules for the most efficient warm-up**

My seminars attract the very best in the industry. My attendees usually are the top 1% earners in the field in their respective countries. If not, they are on their way. They are very motivated people. For example, last week in Prague, one Estonian student took a 2,000 kilometer drive to attend the class. She drove because she was at the last few weeks of pregnancy. However, what never stops to amaze me is how new attendees have no clue how to warm-up! For example, if we have a practical session, I can tell right away the level of knowledge of a trainer on how he/she warms up. Knowing how to warm-up is a foundational skill. Yet it is either ignored or underestimated.

### **1. Learn how to meditate**

The new generation has the attention of a door knob. Why? Many reasons, one being their parents took the first dip.

Attention span took a severe drop when Sesame Street came over the waves. Why? The producers had this faulty reasoning: kids have short attention span, therefore we should film very short clips. Stupid. One of things that great parents do is they work to increase a child's attention span. My generation was raised with the bedtime story, which coaxed the child into remembering last night's reading. In University, in child development classes, I remember a lecture on the difference between TV shows in the 60's between BBC and NBC. In American shows the camera angle changes every 4 seconds. In British, they shot from a wider angle and shots could be as long as 40 seconds. So for years, TV and cinema has taught us to get bored easily.

Meditation is not for left wing wussies vegans. Schwarzenegger calls it a game changer, after he decided to try it for one year. Now that is what I called a real trial.

Both Joe Polish and Tim Ferris estimate that is the most common skill shared by the business elite. To learn more, read Tim's [Tools Of Titans](#)

Meditation teaches you to live in the now. That skill is primordial for proper execution which leads to faster gains by better overload.

## **Rule 2. Warm-up has to be task specific.**

Doing a 10 minutes carioca drill will warm you for dancing, but not for a snatch workout at 90% max. Yet, I see it all the time, wannabe coaches making people wasting their time on warm-up exercises that are in fact counter-productive for maximal progress. Foam roller warm-ups are for twatwaffles, and are favorites with incompetent strength coaches. You are tight? Get proper soft tissue work before doing a workout. For example in the case of shoulders, one A.R.T treatment, if done by the right practitioner, should give you enough mobility for 6 months. If you are flexible like a crowbar, 5 treatments may be the solutions, yet they should last 6 months. For the lower body, treatments often need to be more frequent, yet you can avoid all those twirpy mobility drills by seeing the right person.

**Rule 3: In an optimal warm-up, the neuromuscular system needs to only know 2 things: what the range of motion is, and that the weight will be heavy.**

So if you are doing a bench press, the best way to warm up is bench presses for multiple sets of low reps, with progressively heavier weights. It's so very simple, the two key elements to a great warm-up are :

1. The body has to know what the range of motion is going to be. So to put it shortly, if you are doing squats, warm up with squats, not with burpees.

2. The body is prepared by lifting progressively higher loads. In my experience, most weight training injuries occur when someone very keen on working out figures out (mistakenly) that warm-up sets are optional or a time waster.

The reality is: if you want to get strong, stay healthy by doing proper warm-ups

**Rule 4 If you don't have time to warm-up, you don't have time to train.**

Most training injuries occur from failure to warm up properly. Here are the rules for number to abide by to maximize performance and prevent

2a. If working in the 1-5 rep range, 6-8 warm-up sets of 1-3 reps. If you think doing that many sets will kill performance, I will print you certificate that states mental midget.

2b. When working in the 6-8 rep range, 3-4 warm-up sets of 1-3 reps

2c. when working in the 10+ rep range 1-2 warm-up sets of 3-5 reps will do.

In this process you have you to use the very scientific “guesstimation” principle.

Lets say your recent loads on the power clean was 300 lbs, then I would suggest the following warm-up. Just look at the numbers for now. The explanation will follow.

**Set 1:** 120 x 4 reps

rest 10 seconds

**Set 2:** 120 x 4 reps

rest 30 seconds.

(yes the weight is the same for the first two sets, remember it is a warm-up

**Set 3:** 180 lbs x 3 reps

Rest 30 seconds

**Set 4:** 210 x 2 reps

rest 30 seconds

**Set 5:** 240 x 1 rep

rest 2 minutes.

**Set 6:** 255 x 1 rep

rest 2 minutes.

**Set 7:** 270 x 1 rep

rest 2 minutes.

**Set 8:** 285 x 1 rep a.k.a the P-set. It is something by Finnish powerlifters in the seventies. Been using since then, time proven to best results.

rest 3 minutes.

**Set 9:** 305 x 2 (first workout set)

You pick the right weight for set 9 based on the velocity of the bar in set 8.

**Rule 5. Always warm-up on the same tempo that you plan to do your work sets with.**

Why? It keeps you focused. More focus, more gains.

**Rule 6: You can't force muscles to grow; you've got to coax them. You can't force them, you tease them.**

Many enthusiastic young trainees fuck their training up by paying too attention and anxiety on that top work set. Take your time. Are you training for Instagram or for higher strength? Making a 10 lbs jump is taxing on the neuro-endocrine system. Making a 1 lb jump is very acceptable for the mind. By ridiculizing the amount of weight you add to the bar, you make your subconscious mind

relax, which takes anxiety away, which keeps you in the now, which makes you gain more strength and size.

Impatience has killed many lifting careers. Aim at slow and steady gains. Both Matt Wenning and Ed Coan are quite adamant about this rule being one of their keys to success.

**Rule 7: If the warm-up does not feel right, doesn't waste your cortisol.**

Sometimes, you go to the gym, and it does quite feel right. Two options:

1. Quit and feel depressed and disgusted.
2. Stay and do ancillary work, like forearms and calves. This way you won't waste your pre-workout hormonal cascade, and tomorrow you will be good again.

I have found from experience that when you are having a shitty warm-up, it is probably because a very good performance in that lift a few days before and your body has quite recovered yet.

**Rule 7: Leave your fucking phone in the locker room.**

People of this generation will be known for recording plenty of nothing. Again, focusing on the task at hand is primordial. Try this for an experiment. No filming, or taking pictures for two weeks. I guarantee you will accelerate your progress. Report to me how your progress went up. You will be surprised how much of a negative effect the phone has on your training. Top performers get to the top by intrinsic motivation, the burning desire to achieve excellence. The ones who stay at the top despite all the new extrinsic motivation such as fame and money, stay they

there because of the inner desire to excel. Ronaldo, Michael Jordan, and Alex Rodriguez are prime examples.

Follow the given above 7 rules and your progress will soar.