

How to Warm Up

A simple, universal system that works for every exercise.

WHY WE WARM UP

Raise Temperature

Warm muscles perform better, less injury-prone

Rehearse Movement

Nervous system needs to "practice" before heavy

Prepare Joints

Gradual loading protects tendons and ligaments

THE WARM-UP FORMULA

Use this system before any compound lift (squats, deadlifts, bench, rows, etc.)

1 General Warm-Up (2-5 minutes)

Light cardio until you break a slight sweat. Walking, cycling, rowing.

2 Movement Practice (1 set)

Empty bar or light weight. 10-15 slow, controlled reps focusing on form.

3 Ramp-Up Sets (2-3 sets)

Gradually increase weight while decreasing reps. Get ready for working weight.

| SET | WEIGHT | REPS | HOW IT FEELS |
|-----|--------|------|---|
| 1 | Light | 8 | Easy — barely any effort |
| 2 | Medium | 5 | Comfortable — still not challenging |
| 3 | Heavy | 2-3 | Close to working weight — getting ready |

EXAMPLE: BENCH PRESS (WORKING AT 80KG)

| | | |
|---------------------|-------------|---------------|
| Bar only | 20kg | 12 reps |
| Ramp 1 | 40kg | 8 reps |
| Ramp 2 | 60kg | 5 reps |
| Ramp 3 | 70kg | 3 reps |
| Working Sets | 80kg | 8 reps |

QUICK REFERENCE — BEFORE EVERY COMPOUND LIFT

1. General cardio → 2-5 min (break a sweat)
2. Empty bar/light → 10-15 reps (practice form)
3. Ramp up gradually → 2-3 sets getting heavier
4. Working sets → These are tracked in Everfit

COMMON QUESTIONS

Do I need to warm up for every exercise?

Full warm-up for FIRST compound lift. Subsequent exercises: 1-2 light sets is enough.

What about isolation exercises?

Usually don't need warm-up if compounds are done. One light set is fine.

How long should warm-ups take?

5-10 minutes total. Prepare, don't exhaust yourself.

Do warm-up sets count as work?