

# 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?