

Warming Up, Stretching

Try your best to warm up properly before each workout and do some stretching to cool down after the workout.

Warm-up

A general warm-up of 5 to 10 minutes with dynamic stretches and movements such as high knees, arm circles, and kicking or punching a heavy bag will raise your body temperature sufficiently.

Doing dynamic stretches as part of the warm-up further increases muscle power and strength. Static stretching before strength training, on the other hand, may impair muscle power and strength during the workout.

Warm up 1
Jumping jack
Burpee
Mountain climber
Walking lunge
Power skip
Arm cross (in front of chest)

Warm up 2
Jumping jack
Burpee
ball overhead throw
Jumping rope
Walking lunge
Step-up with rising knee

Warm up 3
Mountain climber
Bench hop-over
Band sprint Medicine
box shuffle
Torso twist
Seal (clapping in front of chest)

During the workout, you should also do specific warm-ups for major exercises like the squat, deadlift, bench press, and Olympic lifts like cleans and snatches—especially if you plan to work up to a heavy weight on these moves.

This would entail warm-up, or build-up, sets for each specific exercise, in which you typically complete one to three light sets, stopping well short of muscle failure, and taking plenty of rest between each build-up set; these sets are not considered working sets.