

BLOG.SQD

How to Warm-up for weights

Warming-up before lifting weights helps prime the muscles and nervous system for optimal performance. Spending too much time warming up and tiring yourself out, or doing too much passive stretching will only serve to compromise performance.



Generally a warm-up should promote sympathetic activation of the heart, improve blood flow and increase muscle temperature. By making your warm-up session specific, you'll help activate the muscles you are about to use and prime your nervous system for optimal lifting. This allows the muscles to fire more rapidly and reduces the elastic resistance of the muscle, helping to reduce the risk of injury.

A warm-up should never include passive stretching because stretching reduces neural drive, particularly in type II motor units. Keep your warm-up short and specific and think of it as a way of priming your body for what you are about to do.

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