

Performance Enhancement Specialist Kristian Manietta shares a quick, efficient warm-up routine that will increase performance and decrease the chance of injury in under 10 minutes.

A BETTER WAY TO WARM UP

TEXT AND PHOTOGRAPHY BY KRISTIAN MANIETTA 📷

Most athletes spend little time thinking about the warm-up and what it actually does. If they do anything, it's typically a short jog followed by some loosely put together stretch routine.

Stretching has been traditionally used in warm-ups in an attempt to increase flexibility and range of motion (ROM) around a joint in an attempt to create better performances and reduce the likelihood of injury. Many practitioners and coaches recommend athletes stretch before a workout, however more and more studies are

showing that both static stretching and proprioceptive neuromuscular facilitation (PNF) stretching cause similar deficits in strength, power output and muscle activation.

Personally, as a coach and an athlete, I don't see much point in static stretching before a workout, as static flexibility only improves static flexibility and not a dynamic ROM. There are much better ways to fully prepare the body's systems for the activity you are about to undertake.

Here, we show you a better way to warm up. We've included myofascial release techniques

which are a programming element behind self-massage that helps open up neurological feeds to the muscle, while also priming your muscle tissue for the activity ahead. This helps it lay down better and allows for more efficient motor patterns.

We also show you dynamic movements that will increase your core temperature, muscle temperature, elongate your muscles and stimulate the nervous system. Performed consistently, these exercises will increase your performance, while decreasing the chance of injury, and it only requires a 5-7 minute time investment before you work out.

CALF ROLL



- Sit on the ground with the GRID positioned on your soleus (calf), about 7-10cm up from your ankle. Make sure you sit with open posture and an extended knee
- Place your opposite leg on top for a little more compression
- Now come up with the knee approx 2-4cm and then push back down. Repeat four times then rotate the foot in circles two times both directions
- While keeping compression, rotate the leg inwards (toes/knee should be pointing inwards). Repeat as above
- Finally, rotate the leg outwards and repeat as above

QUADS



- Lying face down in a gi-joe (commando) position, place the GRID a few centimetres up from the knee cap on the straight leg
- You want to incrementally roll up the GRID towards the hips by going two inches up, one inch back

VMO

- In the same gi-joe position, this time place the GRID (as pictured) under the bent leg just above the knee
- Incrementally roll up towards the hip as per rolling the rectus femoris

GLUTES



- Sitting on the GRID, extend one leg and shift your weight onto the lateral (outer side) of your butt. You can do some small rolling movements here
- Then externally rotate your leg, bringing it off the ground and ensuring the foot follows the knee. Repeat four times

THORACIC SPINE



- Place the GRID under your mid back. Cross your arms, holding each shoulder
- Complete small rolling movements from the middle of your back up until you pass your shoulder blades

THORACIC SPINE MOBILISATION (mobility)



- Start with GRID roller at mid back (start of your ribs)
- Arch over the GRID
- Start with your arms beside your body and slowly raise them over your head until you hit your end range
- Bring your arms back to your sides and repeat three times
- Roll up a few inches and repeat arm movements as above
- Continue this until you pass your scapulas (shoulder blades)

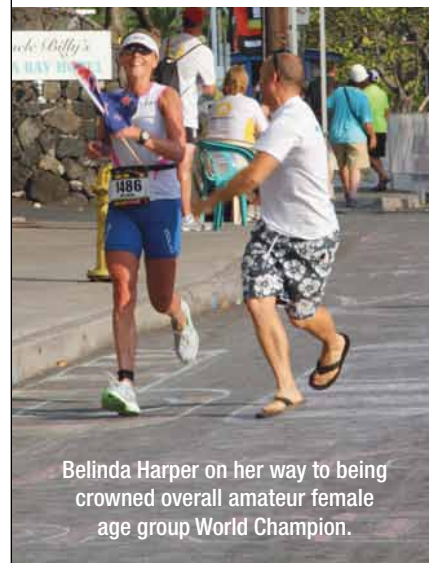
DYNAMIC MOVEMENTS

Complete one set of each with advised number of reps



TRIGGER POINT: Performance Therapy rollers are like toothbrushes! Use them daily to prevent injuries and keep your muscle tissue in optimal condition. The TP Rollers are available from www.trispecific.com

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KONA 2010

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Mark Jansen 3rd 35-39, 9:05
Belinda Harper 1st 35-39, 9:44



Teresa Rider 2nd 50-54, 10:51
Scott Jones 13th 45-49, 9:46

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GLUTE BRIDGE MARCHING



Six reps each leg

- Lie on your back with your legs bent
- Extend your hips off the ground while squeezing your glutes
- Holding a straight line, lift one leg off the ground, bringing your knee close to your chest
- Alternate each leg, keeping your hips off the ground in a straight line

HANDWALK



10 walk outs

- Stand tall. Reach down to the ground (if you can't touch the ground, bend your knees slightly)
- Now start walking your hands out until you're in an extended push-up position (hold for two seconds). If you started with your knees bent, extend them as you walk out
- Once in the extended position, take little baby steps back towards the starting position – this counts as one rep
- Repeat 10 times

WORLD'S GREATEST DYNAMIC STRETCH



Six reps each side

- Standing tall, bring your left knee to your chest, and take a large step out with your left leg so you are in a lunge position (Step 1)
- Bring the same forearm as the front leg inside, aiming to get it to the ground as close as possible – hold for two seconds (Step 2)
- Move your arm to the outside of your leg (Step 3)
- Now push your hips back and up into the air, also raising the toes on the front foot – hold for two seconds (Step 4)
- you should feel a good dynamic hamstring and calf stretch
- Straighten your torso so you are back in the lunge position, fire your glutes and step through to the other side, and repeat

REVERSE LUNGE WITH A TWIST



Six reps each side

- Standing tall, take a step backwards into a lunge position (hold for two seconds)
- Rotate your upper body towards your front leg while bringing your opposite arm stretched overhead
- Push off your back foot, coming up to the start position. Repeat on the opposite side