3 Exercises You’re Not Doing in Your Warm-Up (But Should Be) Transcript

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Why warming up matters

Hi, if your movements Hi, if your movements have become less comfortable, have become less comfortable, less smooth, or less smooth, or just generally just generally uncomfortable, uncomfortable, uncomfortable, your your your warm-up may need warm-up may need an update. In this an update. In this video, I'll share video, I'll share three exercises three exercises I've been doing to change up I've been doing to change up my warm-up routine after 44 my warm-up routine after 44 years of self- years of self- training and 42 years as a training and 42 years as a master master trainer, teaching trainer, teaching other trainers around the other trainers around the world better world better movement for life. This is movement for life. This is important not only for a important not only for a good workout, but also to good workout, but also to pay attention pay attention to your knees, to your knees, hips, and how you hips, and how you feel while feel while moving. Try these moving. Try these exercises and let us know the exercises and let us know the results. So, I results. So, I want you to want you to throw out the old throw out the old rule: "I should rule: "I should do cardio for 7-10 do cardio for 7-10 minutes and then minutes and then static static static stretching." We stretching." We need to perform need to perform dynamic movements.

You may You may need a little need a little movement before you start, movement before you start, especially if you have especially if you have arthritis or your joints are arthritis or your joints are a bit "whiny", a bit "whiny", especially in the cold especially in the cold season. Next, I season. Next, I want you to think want you to think about preparing your about preparing your body for the movements body for the movements you are about to you are about to perform. And any movement that you and I any movement that you and I will do will do that requires learning a that requires learning a new pattern or new pattern or improving an old one improving an old one should be done at should be done at the beginning, while your the beginning, while your brain is still fresh and brain is still fresh and actively working. We actively working. We can go through can go through some of those some of those common exercises that common exercises that we know and have done for we know and have done for years. And believe years. And believe me, the basic movements me, the basic movements we've been doing for years are we've been doing for years are often better than any fancy exercises.

But I'll show you three of But I'll show you three of my favorites. Let's go. I warn you right away.. I warn you right away. I don't have a microphone.

I don't have a microphone. So, I know there's a bit of So, I know there's a bit of echo. There are few soft objects in this room. So I warn you: if.

Exercise 1: Knee stability

So I warn you: if this really annoys you, this really annoys you, you can scroll you can scroll further. So, the first further. So, the first exercise sets exercise sets your knees up for work. And I'm going to. And I'm going to put one foot put one foot here. The knee that here. The knee that receives the load is this one. Here's how to prepare it properly. I'm to prepare it properly. I'm going to lean going to lean forward. I had already shifted my forward. I had already shifted my weight as if I were going to weight as if I were going to take a step up.

This is also done by me. This is also done by me. I won't go back I won't go back and and and unload my leg. unload my leg. I'll do all I'll do all the reps here, not the reps here, not too many. I too many. I will focus on three will focus on three quality movements. This is what quality movements. This is what they will look like.

Good. Not so good. A little better. Good. And A little better. Good. And now I felt it. now I felt it. So, in terms of So, in terms of movement patterns, I movement patterns, I needed a needed a warm-up. I warm-up. I needed to " turn on" the system. The turn on" the system. The Wi-Fi needed a Wi-Fi needed a reboot.

reboot. reboot. So I try to So I try to land as land as softly as possible. softly as possible. Focus completely on that Focus completely on that gluteus medius muscle.

gluteus medius muscle. Here. You'll see Here. You'll see it when I get to the it when I get to the other side. And I'll do other side. And I'll do about five successful about five successful reps. This is my reps. This is my worst leg. I'll worst leg. I'll come back and give come back and give her more attention, her more attention, making a second making a second approach. But on the other approach. But on the other hand, if I hand, if I do well here and do well here and see that this side see that this side works much works much easier and smoother. I easier and smoother. I do this to do this to solidify the feeling solidify the feeling that should be there. So, I try to, I try to stand up, shift my stand up, shift my weight to my heel, weight to my heel, come down very gently, and come down very gently, and then then then come up again smoothly. Good. This come up again smoothly. Good. This side was great and side was great and much easier for much easier for me. Now I'll me. Now I'll go back to the first go back to the first side, because again, side, because again, this side needs some this side needs some extra practice, extra practice, right? That's exactly how I right? That's exactly how I perceive it. And when you perceive it. And when you have a weaker side, you have a weaker side, you try to try to strengthen it. Therefore, people strengthen it. Therefore, people often ask: often ask: should I put should I put more weight on this more weight on this leg? The answer is no. It is better to do more better to do more repetitions on the leg that needs that needs support until they support until they become become become balanced.

balanced. balanced. Good. So, the beginning is Good. So, the beginning is already better than already better than last time. And I last time. And I will focus and be silent for a moment will focus and be silent for a moment. So I'll. So I'll keep this leg under keep this leg under load. I load. I tend to tend to pull away pull away from it a little more than I do on the other from it a little more than I do on the other side. And I don't side. And I don't feel it so much in my butt feel it so much in my butt. I'll do it. I'll do it one more time. So where I one more time. So where I want to feel it again : your : your gluteus medius gluteus medius is right here.

is right here. So I train this muscle when I stand on one when I stand on one leg, not two. leg, not two. While walking, when you While walking, when you take a step and the other take a step and the other leg moves, you are leg moves, you are training it a little.

training it a little. When you stand on When you stand on one leg in any balance exercise, you are working the gluteus medius muscle. This exercise is muscle. This exercise is great. Steps up and great. Steps up and down are great, but down are great, but even better if you do even better if you do them slowly. So I would them slowly. So I would recommend doing that at recommend doing that at the beginning, and if you the beginning, and if you do lunges do lunges that day, you'll be that day, you'll be engaging those muscles again.

engaging those muscles again. Your knee will be in a Your knee will be in a better position. better position. Here's what's happening. The Here's what's happening. The gluteus medius gluteus medius muscle is weak. The knees muscle is weak. The knees tend to collapse tend to collapse inward, and we inward, and we cause cause cause misalignment or misalignment or imbalance, whatever you want to imbalance, whatever you want to call it. It is not call it. It is not aligned. How do you like aligned. How do you like that? We that? We create problems ourselves create problems ourselves because the gluteus because the gluteus medius needs to be medius needs to be strong and push strong and push the knee outward. So, the knee outward. So, literally, I want literally, I want you to also remember that you to also remember that when you're here, your when you're here, your knee should be knee should be straight. So it straight. So it should be clearly above the should be clearly above the second toe— that's where the kneecap should be that's where the kneecap should be pointing pointing pointing. And again. And again, you go up, you go up and slowly, and slowly, smoothly go down smoothly go down. And if I were looking. And if I were looking forward, a mirror forward, a mirror directly in front of me would be directly in front of me would be appropriate because I appropriate because I want to see that want to see that the knee isn't "walking around." Let me show Let me show you what it looks like from you what it looks like from the side. So, if I'm not the side. So, if I'm not stabilizing well stabilizing well, I see that, I see that knee dancing, and I'm knee dancing, and I'm intentionally doing that intentionally doing that now. But when I now. But when I go up, I go up, I feel like there's a little bit of that happening on this feel like there's a little bit of that happening on this side side side. It's not. It's not as stable as the as stable as the other side of me.

Let's see Let's see if you can spot if you can spot the difference. So, it's a little bit " dancing" on that side. dancing" on that side. The first repetition, The first repetition, maybe the second, is maybe the second, is better. The third is even better. The third is even better. So I just better. So I just feel more feel more feel more stable and stable and

confident. There confident. There 's probably a 's probably a little bit of degenerative little bit of degenerative change in the knee on that side. And if change in the knee on that side. And if you have that too, or you have that too, or bone rubs against bone rubs against bone, this exercise bone, this exercise may not be the may not be the best, simply best, simply because it because it puts stress on the knee puts stress on the knee joint. Perhaps without joint. Perhaps without need. So, need. So, that's all. I wouldn't add that's all. I wouldn't add anything else to the anything else to the warm-up. That's all it warm-up. That's all it takes, you're just takes, you're just trying to " turn everything on." If you turn everything on." If you don't have a platform, don't have a platform, try try try using a step using a step at home, just the bottom at home, just the bottom step. It will be step. It will be a little lower. This one is a little lower. This one is about 8 about 8 inches (20 cm) high, but for inches (20 cm) high, but for safety, you can safety, you can do it on do it on the floor. To make it even the floor. To make it even safer, safer, safer, place your hand on place your hand on something nearby, with your something nearby, with your fingertips, so you can fingertips, so you can slow yourself down.

Your goal is for your back Your goal is for your back leg to land leg to land very, very softly, barely very, very softly, barely moving, without a moving, without a thud as you thud as you lower. This is lower.

Exercise 2: Shoulder planks

This is success. Okay, second success. Okay, second exercise. During exercise. During the warm-up, I want the warm-up, I want you to wake up your you to wake up your shoulders. So even shoulders. So even if we go for if we go for a walk, we a walk, we exercise on the exercise on the elliptical elliptical elliptical trainer. We trainer. We get a little get a little more upper more upper body movement, but the body movement, but the plank warm-up is also important. We is also important. We often leave often leave abdominal exercises for abdominal exercises for last. But I want last. But I want you to you to push back, and even just a, and even just a stable plank with no stable plank with no movement—that's movement—that's movement—that's shoulder work. But I want shoulder work. But I want you to put your hands you to put your hands directly under your shoulders. And directly under your shoulders. And if you can, I want if you can, I want you to stabilize your you to stabilize your pelvis. Make sure pelvis. Make sure you form a straight you form a straight line. and then line. and then move your hand move your hand alternately forward and backward.

And try to And try to hold on so as not to hold on so as not to sway or sway or move sideways. So, I'll move sideways. So, I'll do three times leading with my right hand, leading with my right hand, and then I'll do three times and then I'll do three times leading with my left hand, back. And leading with my left hand, back. And if I want to do if I want to do more reps, I'll more reps, I'll do it this way.

Just a few reps Just a few reps on each side. Let's say, right again, so that I maintain the, so that I maintain the correct form. Neither side Neither side should get too should get too tired, because we tired, because we follow the rule of follow the rule of training only training only quality repetitions.

quality repetitions. Try to keep your Try to keep your hips stable hips stable and lowered. And I and lowered. And I owe myself three owe myself three reps on the left side.

Watch for the Watch for the difference. keep your difference. keep your hips stable. And hips stable. And if I can't, or if I can't, or the more they the more they start moving, start moving, or the harder it is for me or the harder it is for me to hold them, I'm done.

Good. Now, not a Good. Now, not a lot of repetitions, but lot of repetitions, but again, it's a again, it's a warm-up. This is warm-up. This is stabilization. We don't stabilization. We don't want want want to exhaust them. We to exhaust them. We just want to just want to warm them up well. So warm them up well. So now when we do the now when we do the chest press, we chest press, we can do can do lateral raises lateral raises, or even, or even overhead presses. These overhead presses. These exercises require exercises require shoulder stability, shoulder stability, and you'll know you're and you'll know you're ready for them ready for them today. The third today. The third exercise is on the approach. And I exercise is on the approach. And I want you to want you to make sure make sure you have a wall where there is you have a wall where there is enough space.

enough space.

Exercise 3: Wall openers

Instead of Instead of using the using the using the bookcase, I'll bookcase, I'll move to another location move to another location so you can see so you can see it better. For this it better. For this last exercise, which last exercise, which also also also works your shoulders and works your shoulders and chest, you need to chest, you need to find a spot near a find a spot near a wall. It's not very wall. It's not very inviting, but it's the inviting, but it's the largest free largest free space I have, with soft flooring and a, with soft flooring and a rug for me. So, rug for me. So, if you don't have a if you don't have a rug, roll up a rug, roll up a mat, grab mat, grab some towels or some towels or pillows. This will also pillows. This will also work. So, I'll work. So, I'll press my knee press my knee close to the wall. This close to the wall. This activates the activates the gluteus medius muscle. On gluteus medius muscle. On the other hand, I will the other hand, I will press my shoulder against the press my shoulder against the wall. We will spread wall. We will spread both arms to the sides. I will keep my shoulder. I will keep my shoulder and the back of my and the back of my hand pressed hand pressed against the wall. I will against the wall. I will open up, open up, touch the back of my touch the back of my hand to the hand to the wall, and try to wall, and try to press my shoulders against the press my shoulders against the wall. Now my wall. Now my shoulder here doesn't want to go shoulder here doesn't want to go back. This is hard back. This is hard work. I really work. I really bring my shoulder blades together.

bring my shoulder blades together. And then I'll go back And then I'll go back. And that's where. And that's where this exercise goes. So, now this exercise goes. So, now we will do the swing.

we will do the swing. And I stay as And I stay as close to the wall as possible. close to the wall as possible. Shoulders as Shoulders as straight as possible. This arm straight as possible. This arm remains remains remains extended. I'm going to run extended. I'm going to run this hand down the this hand down the length of my body. So that she is length of my body. So that she is right right right behind me. Then I'll behind me. Then I'll lift her back up and lift her back up and make a move. Imagine make a move. Imagine your hand is like a your hand is like a clock hand. I'm going to do clock hand. I'm going to do three more reps on this three more reps on this side. Open your hip, knee against the wall.

, knee against the wall. Shoulder blades back. Both Shoulder blades back. Both back and up. Hands on the back and up. Hands on the wall. Close wall. Close again. Keep this again. Keep this hand here. The shovel is hand here. The shovel is closer. Open closer. Open your shoulders. Try your shoulders. Try to be close to the wall. Move your hand up. Move your hand up to the three to the three o'clock mark. And lastly, are o'clock mark. And lastly, are you ready? We will you ready? We will reveal ourselves. Good.

reveal ourselves. Good. Don't stop there Don't stop there to fix to fix the position. You just the position. You just have to get to that have to get to that point. Turn it point. Turn it back and up.

back and up. Swipe in a circle. Swipe in a circle. Stay closer to the Stay closer to the wall. Lift. And wall. Lift. And then come back. then come back.

Let's do it on the other Let's do it on the other side. This is my less side. This is my less comfortable side, but you comfortable side, but you stay here.

The knee presses against the wall. Keep your arms Keep your arms extended forward. extended forward. Stretch. And then I Stretch. And then I open up here. I'm open up here. I'm reaching back.

reaching back. The blades on this side The blades on this side move more easily. So move more easily. So I really bring my I really bring my shoulder blades together. I push my shoulder blades together. I push my knee back.

knee back. I'm staying here. I'm staying here. I turn my hand. And I turn my hand. And now on this side the now on this side the hand goes up. You hand goes up. You can can can see better what's see better what's happening with happening with the shoulder. Down, up, the shoulder. Down, up, across the side and back. And again, the second.

And again, the second exercise. Reach exercise. Reach back. Good. And back. Good. And back again. Above. The palm back again. Above. The palm is unfolded. So is unfolded. So your palm will be your palm will be facing the wall facing the wall when you when you turn around.

turn around. Up and around. And Up and around. And down. Number three. down. Number three. Last time. Last time. We open and We open and back. Above. And back. Above. And around. Stay around. Stay as close to the as close to the wall as possible. That's all.

Optimizing your routine

Done. I want Done. I want to emphasize that these to emphasize that these exercises are not exercises are not exhaustive. They are for exhaustive. They are for you to do a you to do a dynamic warm-up dynamic warm-up or on a very hot or on a very hot day. Let's say you day. Let's say you just walked just walked the dog and that's it. This the dog and that's it. This may be enough, may be enough, but you should go through a but you should go through a full range of full range of motion and make sure motion and make sure that if you are going to that if you are going to do do do upper body exercises upper body exercises like bench presses, incline presses like bench presses, incline presses, deadlifts, or, deadlifts, or pull-ups, your pull-ups, your shoulders are ready for it. It's also important. It's also important to make sure your to make sure your glutes are toned and glutes are toned and working properly.

So, simply So, simply doing squats doing squats or deadlifts without or deadlifts without weights may not fully “ wake up” the body wake up” the body and set it up to and set it up to work so that the brain work so that the brain sends optimal sends optimal signals to the joints and signals to the joints and muscles that need muscles that need to be engaged. Therefore, it is to be engaged. Therefore, it is worth making sure worth making sure that you perform that you perform non-weight-bearing exercises non-weight-bearing exercises beforehand, preparing beforehand, preparing yourself for work.

yourself for work. Try these three Try these three exercises. Let me know exercises. Let me know how it went, and how it went, and then come back and then come back and write comments.

write comments. Try it and then Try it and then leave a comment. One leave a comment. One thing to note: thing to note: When doing When doing lower lower lower body exercises like body exercises like single single single leg platform raises or lunges on a leg platform raises or lunges on a flat surface, flat surface, do them barefoot do them barefoot if possible, or if possible, or like me, in my Paluva like me, in my Paluva five-toe shoes five-toe shoes. This gives a powerful. This gives a powerful impulse to impulse to awaken all awaken all the muscles of the foot. There is the muscles of the foot. There is almost no almost no depreciation here. This is depreciation here. This is done intentionally.

done intentionally. So, if you have these So, if you have these shoes or want to shoes or want to try them—for try them—for me they were a me they were a real find. I have a bunion on. I have a bunion on one of my legs that one of my legs that has started to hurt a little.

The more I wear them, The more I wear them, the better I feel. And the better I feel. And yes, partly because yes, partly because there's a wider toe, but there's a wider toe, but you're restoring you're restoring mobility to each mobility to each toe and strengthening toe and strengthening the muscles of the foot. When we the muscles of the foot. When we wear cushioned sneakers wear cushioned sneakers, we, we turn off our muscles and the turn off our muscles and the nerve endings nerve endings don't receive any don't receive any feedback.

feedback. feedback. So it's worth So it's worth "turning them on" from time to time. I "turning them on" from time to time. I don't often go don't often go barefoot, but I also don't wear barefoot, but I also don't wear flip-flops or shoes flip-flops or shoes without backs that don't without backs that don't have support. I wear have support. I wear them at home. I wear them them at home. I wear them for light workouts for light workouts and functional and functional movements, which I just movements, which I just demonstrated.

demonstrated. demonstrated. Maybe you'll Maybe you'll like them too. like them too. But the point is to But the point

is to be barefoot. be barefoot. Few things give your Few things give your foot a real foot a real opportunity opportunity opportunity to interact with to interact with the surface. And this the surface. And this sends better and sends better and stronger signals from stronger signals from the brain to the muscles the brain to the muscles you are trying you are trying to activate. If you have any to activate. If you have any questions, write. What questions, write. What exactly do you need to exactly do you need to stretch to make you stretch to make you feel better during feel better during exercise? See you exercise? See you later.