



## Upper Body Warm-Up

It's important to maintain a solid warm-up and cool-down before you engage in any physical activity. There is no universal warm-up for everyone as all our bodies move differently, but we do want to provide a general protocol for what can cover a lot of your bases during your training days.

Let's introduce the ***R.A.M.P. Protocol***:

***(R) Raise***

***(A) Activate***

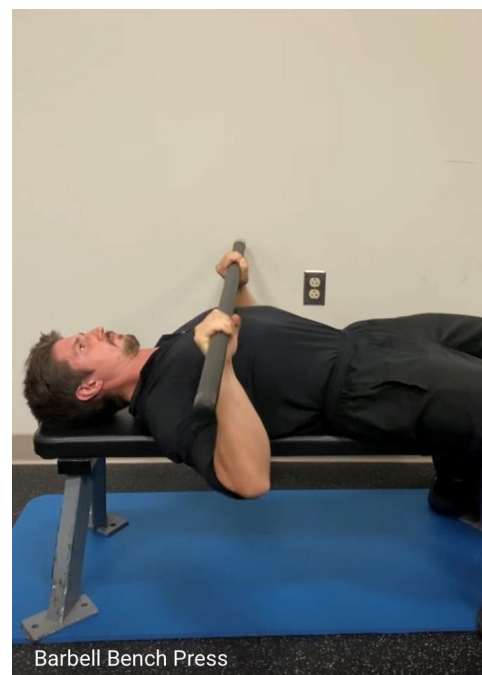
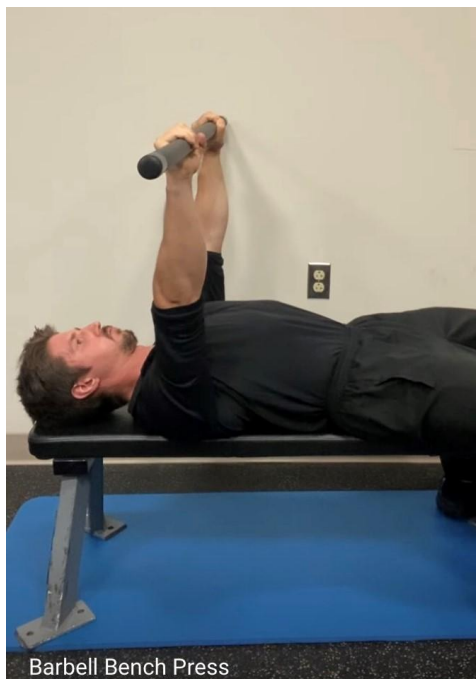
***(M) Mobilize***

***(P) Potentiate***

What does each mean and what is an example of an exercise that would fit with each category?

Let's use an example of an exercise that would fit in each category in the context of a Barbell Bench Press.

### [Barbell Bench Press - YouTube](#)



## **(R) Raise**

This stage involves activities that raise certain physiological markers of the client, as well as movement-specific skillsets. Some effects of this phase are:

- \* Elevated Body Temperature
- \* Increased Heart Rate
- \* Increased Respiration
- \* Increased Blood Flow
- \* Increased Joint Fluid Viscosity

However, it's not just general aerobic activities such as walking on a treadmill, or on a recumbent bike, but movement's key to the session you are undergoing.

For many upper body motions, that can include activities like:

### **Jumping Jacks - YouTube**



### **Assault Bike - YouTube**



We then move on to the next stage...

## **(A) Activate**

This is comparable to the "stretching/movement" phase of a typical dynamic warm-up.

In the activation phase, we focus on specific movements that activate specific muscle groups relative to the motions being presented. That can be accomplished through a combination of movements such as CARs (Controlled Articular Rotations) or specific movements that provide a neurological activation of the motor units present while keeping focus off other synergistic muscles that may assist.

### [FRC Glenohumeral CARs - YouTube](#)



### [External Rotation to Wall Angels - YouTube](#)



## **(M) Mobilization**

In this phase, we focus on moving through the range of motion of multiple muscle groups in a motion that translates relative to the “main lift” or activity that you are trying to improve in. The use of this is to get the motor neurons of all the muscle groups in the “motion” working in sync to grease the groove of the motion in question. Deposits of myelin “neurological insulation fat” effectively get laid down on the motor neurons, like electrical rubber on a wire, to properly “align” these motions with proper efficiency and alignment.

In the case of the bench press, your shoulders are horizontally adducting (moving closer together) & the elbows are extending. So here is a motion that may assist:

### [Push-Up - YouTube](#)



## **(P) Potentiate**

In our world, this is known as “firing up the CNS (Central Nervous System).” We want to find different motions that will effectively get these aforementioned motor units firing with greater intensity and activating in a manner that will allow the muscle to utilize more of its potential. Many strength gains, either acute or chronic, have an initial neurological component behind it, and is required as a foundation for proper muscle strength and growth.

What we’re looking for are rapid contractions and fast-paced movements. Once this is put under progressive load (see “how to warm up for main lift”), you’re stacking the deck in your favor.

### [Incline Plyo Push Ups - YouTube](#)



From here, move on to the main lift you are trying to engage in.

Putting all the above concepts in order, here is one version of what that dynamic warm-up may look like:

<b>Phase</b>	<b>Exercise</b>	<b>Volume</b>
<i>(R) Raise</i>	<a href="#">Assault Bike - YouTube</a>	1 x 30 seconds
<i>(A) Activate</i>	<a href="#">FRC Glenohumeral CARs - YouTube</a>	1 x 4/side reps
<i>(M) Mobilize</i>	<a href="#">Push-Up - YouTube</a>	1 x 8 reps
<i>(P) Potentiate</i>	<a href="#">Incline Plyo Push Ups - YouTube</a>	1 x 10 reps