



10-Minute “Prime the Pump” Warm-Up

How to Prep for Lifting Big

To crush heavy lifts, your warm-up is your launch pad. It’s not just about getting warm—it’s about priming your muscles, joints, and mind for maximum performance. Heavy lifting demands active preparation:

- Dynamic stretches to loosen hips, shoulders, and knees
- Light cardio to spike heart rate
- Activation drills to fire up your core and prime movers.

This 10-minute routine hits all three, targeting key areas like hamstrings, glutes, and shoulders for compound lifts.




Why it matters: Proper warm-up can boost strength output by up to 19% and cut injury risk by 50%.

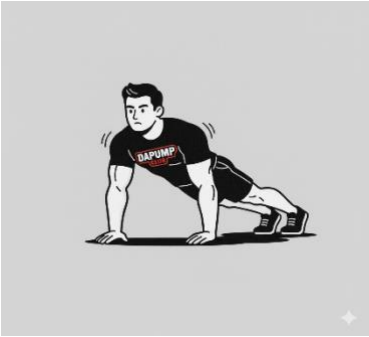


Pro tips: Sip water, visualize your lifts, and keep intensity at 50-60%, save the beast mode for the bar. If you’re new or rusty, add 2-3 light sets of your first lift post-warm-up.

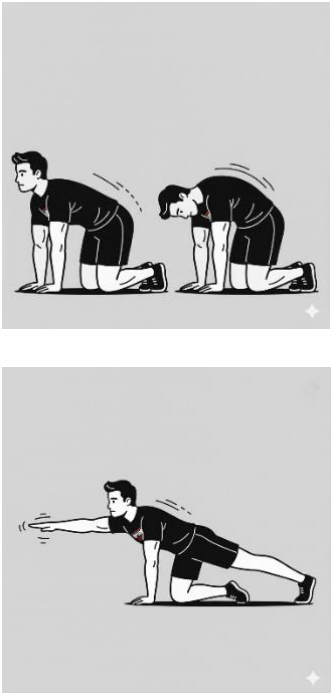
Safety note: Check form, clear your lifting space, and never skip this step, your PRs depend on it!

Safety Disclaimer: Consult a doctor before starting any exercise program. Lift smart, stay safe.

Warm-Up Routine

Time	Exercise	Directions	Reps/Time	Focus
0:00-2:00	<p>Jump Rope or High Knees</p>  	Quick skips or knees up to chest, fast pace.	120 Sec	Heart rate up, full-body warm.
2:00-4:00	<p>Dynamic Leg Swings</p> 	Hold wall, swing one leg front-back, then side-to-side	20/leg	Hip mobility, hamstrings.

<p>4:00-6:00</p>	<p>Arm Circles + Scapular Push-Ups</p>  	<p>Big forward/back circles, then push-ups with only shoulder blades moving.</p>	<p>30 circles + 20 push-ups</p>	<p>Shoulder prep, chest activation.</p>
<p>6:00-8:00</p>	<p>Bodyweight Squats</p> 	<p>Feet shoulder-width, squat to knees at 90°, slow and controlled.</p>	<p>25-30</p>	<p>Glutes, quads, core stability</p>

8:00-10:00	<p>Cat-Cow + Bird-Dog</p> 	<p>On all fours, arch/spinal flex (10x), then extend opposite arm/leg (5x/side).</p>	<p>20 + 10/side</p>	<p>Spine mobility, core fire-up.</p>
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