



**Nick Tumminello's**  
**TOP 20 MOBILITY  
& WARM UP  
EXERCISES**

Reebok   
**ONE** 

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**WHAT IS A WARM-UP?**

A (dynamic) warm-up is a transition stage from normal activity to more athletic activity.

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**WHY USE WARM-UP & MOBILITY EXERCISES?**

We use the following exercises to 1) enhance the productivity of the client's or athlete's training efforts and 2) offer some unique movement and health benefits that we feel can make training sessions more comprehensive.

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**RESEARCH ON WARM-UP**  
*"Training is the art of expressing the science." - Me*

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*"While many studies have investigated the physiological responses to warm up, relatively few studies have reported changes in performance following warm up."*

*"While there is a scarcity of well-controlled studies with large subject numbers and appropriate statistical analyses, a number of conclusions can be drawn regarding the effects of active warm up on performance. Active warm up tends to result in slightly larger improvements in short-term performance (<10 seconds) than those achieved by passive heating alone. However, short-term performance may be impaired if the warm-up protocol is too intense or does not allow sufficient recovery."*

*"The addition of a brief, task-specific burst of activity has been reported to provide further ergogenic benefits for some tasks. By manipulating intensity, duration and recovery, many different warm-up protocols may be able to achieve similar physiological and performance changes."*

Bishop.D. Warm up II: performance changes following active warm up and how to structure the warm up. Sports Med. 2003;33(7):483-98.

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**THE TAKE AWAY:**

- **What Happens During a Warm-Up vs. The Purpose of Doing one:** It's *not* just raising body temp, etc.
- **Do a Warm-Up, Not a Workout!**
- Use a **General warm-up** (lots of ways to do this) and a **Specific build-up**.

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**SUMMARY OF THE PERFORMANCE U APPROACH TO WARM UP**

In the Performance U approach to warm-up, we spend time doing some low-intensity strength training exercises to activate some of the torso (i.e., core) muscles (glutes, mid-back, and abdominal muscles), which often don't get used through-out day while sitting at home or at work. We also incorporate a variety of joint movements and ranges of motion – so clients and athlete don't lose them, and potentially improve upon them - that they may not be getting in during weight-training or conditioning. We've found these mobility movements help to perform lifts with more comfort and less restriction.

In addition, we also incorporate a few athletic movement and coordination exercises, which not only get your heart rate up and maintain the ability to coordinate one's body, but also prepare for complex the demands of the main workout exercise to follow.

These warm-up concepts and techniques can be done anywhere because they use little to no equipment and require little space. Additionally, each warm-up takes no more than 10 minutes.

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**THE PERFORMANCE U TOP 20 WARM-UP & MOBILITY EXERCISES**

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**MOBILITY DRILLS**

1. Crab Bridge w Overhead Reach x5 each side
2. Arm Crossover x7 each side
3. Quadruped T-Spine Rotation x7 each side
4. Dynamic Pigeons (Hip Rotator Stretch) x 5 each side
5. Quadruped Hip Circles w/ Opposite Arm Lift x10 circles in each direction each side
6. Super-dogs x10 each side
7. Plank Slow-Motion Mountain Climber x3 each side
8. Plank T-Rolls x5 each side

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**MOBILITY DRILLS**

- 9. Yoga-Plex (step foot on *outside* of hand) x 3 each side or Yoga-Plex (step foot on *inside* of hand) x 3 each side
- 10. Lateral Lunges x 3 each side
- 11. Anterior Reaching Lunges x3 each side
- 12. Reverse Lunges w/ Overhead Reach x 3 each side
- 13. Standing Hip Circles x10 each direction
- 14. Arm Circles x10 each direction

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**WARM-UP EXERCISES (AND PROTOCOLS)**

- 15. Jumping Jacks x20
- 16. Seal Jack x20
- 17. Skips
  
- 18. **Band Fantastic Four:** *Compound & Row – Tight Rotations – Step w/ Press – Any Lunge Variation (x10-16 total)*
  
- 19. **Bodyweight Fantastic Four:** *Push Up w/ T-roll x6-10 – Gorilla Burpee x6-10 – Shoulder Ys or Ts x10-15 – Arm Walk Out x6-10*
  
- 20. **Ball Core Four:** *Roll Outs or Stir the Pot, T's or Y's w/ T-Spine Extension, Reverse Hip Extensions, Knee Tucks (x10-15 each)*

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**PROGRAMMING RECOMMENDATIONS**

- In every session we'll *always* incorporate the crab bridge, a version of the Yoga-Plex, a T-spine focused mobility drill, and a skip or jumping jack along with one of the warm-up protocols.
- We'll usually do about 7 total mobility drills per session.
- We'll perform 1 set of the mobility drills and 1-2 sets of the warm-up protocol.
- Once finished with the (above) general warm-up exercises. the client(s) or athlete(s) will then perform a few build-up sets as a specific warm-up to the first main exercise in their workout that day.

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**THANK YOU!**

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