

WARM UPS

RAMP Protocols (Overview)

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Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

Before any session, it's important to make sure that we prepare the body well.

Before we go into our main workout, we're going to use the RAMP protocol.

RAMP stands for: **R**aise **A**ctivate **M**obilize **P**otentiate.

Raise. All we're trying to do here is raise the heart rate to a sufficient level to get the body prepared for what we're going to do. This might be a general preparation or it might be something much more specific - that's up to you and your client.

Activate. At this point, we're trying to get the major working muscles ready for action.

Mobilise. At this point, we're trying to get the major joints working well and sufficiently ready for our workout. If it's a general preparation it's most likely to be the whole body, specifically all the major joints. Or it might be one particular part of the body - again, to get the client ready for their session.

Potentiate. At this point, we're trying to increase the intensity back up to a point where we're ready to go into the main session. So for general preparation, this is most likely to be more of a higher-intensity cardiovascular output. In more specific terms with a client, if they are, say, an athlete, you might want to look at doing something that increases the power output, ready to get their central nervous system activated.

