

WARM UPS **RAMP** (Potentiate)

By Cathal Fanning

- **Description**
- **Coaching Points**

Description & Coaching Points

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

We're now looking at the potentiate part of the RAMP protocol.

At this point, we're trying to bring the intensity up to the level of the session that we're going to be doing. In this case, we're going to be pushing and pulling the sled. There are various different forms of sleds. Here, we have one geared with wheels, but you might have a sled that's just weighted.

What I'd like to do is get the client into a position that's strong.

So Dom, if you can take your arms nice and long and adopt a split stance with your preferred leg. Back to start off with. What we're looking to do is have a bit more of a sense of intensity on this exercise.

So Dom, what I'd like you to do is drive as hard as you can through your legs up to the top of the mat. And then when you get to the top of the mat, we're going to pause and then work ourselves backwards.

Okay?

So from this position, make sure that the client is happy and off we go - driving through the legs. If we need to, we can make adjustments.

Pause there, and then hands on the back of the sled and start to drive through the balls of the feet. Keep the speed nice and consistent.

Yes, and back again. Keep those arms nice and long driving through the feet.

Now what we're trying to do here is, as I say, get the intensity up to the level where we need it to be. And then you might decide to work for reps. So in this case we have the length of a mat, so we are going to do five lengths, but you might decide to use time. (eg do it for a minute)

And off we go. So driving through.

Make sure that you change your coaching point of view so that you can make any adjustments.

So, walking back for me, Dom, that's it. Driving through the balls of the feet, thinking about being nice and tall.

Excellent.

And we'll go again. Start to really focus now on getting those legs up to speed.

Excellent.

And back we come.

Hopefully by now your client's feeling a little bit warm and you can obviously see that they're working a lot harder. Really set that tone. As I say, this is the last part of your warm-up before you go into the main session.

Last one for me, Dom. And working back, driving into the balls of those feet. So keep those quick steps and come to rest there.

