

WARM UPS **RAMP** (Activation – Upper Body)

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].

For this part, we're going to be looking at Activation. The idea here is to try and get the major working muscles ready for the session. In general preparation, we're going to be looking at three upper body movements and two lower body movements. So firstly, we're going to look at an exercise which we call W Y T. Think about it like this: if you are looking from the front and above, the client in effect is working through the shape of W, Y and T with their arms.

So Dom, if you could stand with your hands on your thighs and your feet about hip width apart.

And then what I'd like you to do is slide your hands down your legs and gently push your hips and your bum back until you reach knee level. At this point, relax the hands and then rotate your hands to face each other.

From this position, I want you to work to a "Y" position. So, with your arms nice and straight, raise your arms overhead. So move to this position, and then slowly control the hands coming back down. What we're looking at here is that nice wide Y position from an overhead point of view.

We're looking at the muscles that support the shoulder. So what I'd like you to do all points while your client is doing this, look around the body. So change your coaching view.

Two more for me, Dom. And last one.

Once the client has finished that, they're going to bring themselves back to a standing position and work into the "T" position. So we start with the same body position. Dom, hands onto the thighs, slide your hips and your bum back. Move down to knee level, hands again away from the body. And I want you to rotate the palms to face the front with the thumbs pointing to the ceiling. And I want you to then raise your arms directly out to the side.

Excellent.

And again, make sure that we change our coaching point of view. So again, if I'm in a bird's eye view, I'm looking at a T shape.

(Slowly bring your hands down and just work four more reps).

Again, changing the point of view, making sure that you are happy with everything that's going on. The idea here with all these movements is we're focusing around the shoulder joint. Starting to get these larger muscle groups that support the shoulder joint ready for action.

And relax there for me, Dom, slowly bring yourself up.

And then our last one is the “W”. So again, hands onto our thighs. Slide your hips back, move to knee level, palms facing towards each other - allow the hands to hang away. And then bring the elbows to a 90 degree position. And then from there, you're going to spread to hands wide with your elbows out to the side. Again, if you imagine from a bird's eye view, we're creating a W shape. Then slowly bring the hands in. Four more repetitions for me.

So hopefully by now your client is starting to feel nice and warm around the shoulder muscles here. And if not, it's a good point to make sure that you make any adjustments as needed.

Just do two more for me, Dom.

Excellent. And last one. And relax the hands there. And bring yourself up back to a standing position. Perfect.

