

WARM UPS **RAMP** (Activation - Lower Body)

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- **Description**
- **Coaching Points**
- **Areas of the Body Targeted**

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 going to be looking at lower body activation and in this case we'll be using the Body Weight Lunge.

So, Dom, what I'd like you to do is set yourself into a hip width stance. Hands relaxed down by your sides. And what I want you to think about doing is - as you step forward, imagine that you're on two railway tracks. Okay?

It's quite common sometimes with stability and balance that we get too close and too narrow is if we're on a tight rope. So imagine as you step forward, that you're on a railway track.

(To Dom).When you're ready, we're going to do five steps in one direction and then five steps back the other way. So take a nice big step forward into that position, brief pause, get your balance and stability, and then we're going to soften the back leg and drop the knee, stopping just before you touch the floor. Then drive into your front leg, bringing your feet back together.

And then we'll do the same on the other side.

What we're trying to do throughout this whole movement is stretch out those muscles from hip through to the knee and ankle. So it's good point to make sure that we're making this nice and controlled.

When the exercise has been completed ask the client to relax and rest.

Make sure that you change your body position so that you can see all other aspects of the body. Turn ourselves around as she goes forward and the same on the way back. Make sure we're changing our view. Our client might be overreaching, they might be losing balance. So it's good to just make sure that we're touching base for each and every rep.

Areas of the Body Targeted

- Lower Body
- Legs
- Knees
- Hips

