



Add 'FILLERS' to maximise your workout

Warming up fully before lifting in the gym is obviously of great importance. Whether its preparing tissues (foam rolling), stretching (dynamic, active isolated stretching, PNF) or movement based exercises they all prepare the neuromuscular system for the upcoming workout.

However, some lifters don't like the above and a long mundane warm up may actually dampen their system and if anything down-regulate them prior to lifting. This is obviously not advantageous.

With such people, 'the use of 'FILLERS' can be a great way to include the above but without a prolonged warm up and in addition, cut the overall length of the training session.

This is in no way advocating not using the above methods to warm up but as a compromise shorten the pre workout warm up length then add additional exercises or 'FILLERS' within the session.

Firstly picking exercises relevant to the exercises in the lifting program are key. In addition, knowing what limitations an athlete has is important as these will take priority and should form part of the pre session warm up.



As a rule I like to structure a warm up in the following order:

Tissue work (foam rolling, self tissue release; hockey ball etc)

Mobility

Muscle activation

This provides a systematic progression preparing the body for exercise. The aim to is prep the body to lift so some degree of effort is necessary. Not that you need to be sweating buckets at the end of your warm up but if your heart rate remains unchanged and you could complete the warm up 25 times over with ease, your probably to doing enough, or doing the wrong type of exercises.



The 'FILLERS' added can be paired up with the exercises in the weights sessions. They work particularly well when lifting on a full body day. An example is shown below;

Warm up

Foam roll/soft tissue release: glutes, hip flexors, quads, hamstrings, calves, adductors (30s each)

Mobility: Hip rockback, T spine ext-rot, floor lat stretch, pec stretch, wall ankle mobilisation, standing lateral lunge (1 x 10 e/s)

Activation: Glute bridge, scap push up, yoga push up (1 x 10 e/s)

Lift

A1 Close grip bench

A2 Single arm DB row

A3 Bodyweight sumo squat

B1 Front squat

B2 Reverse crunch

B3 Overhead bar shrug

C1 Pull up

C2 TRX fallout

In the above example A3, bodyweight sumo squat, will prime the hip and the squat pattern for B1, front squat, where as B3, overhead bar shrug, will encourage scapula upward rotation important for the pull up, C1.

Just adding in a few exercises as 'FILLERS' between exercises will increase the volume of prehab based activity using what would largely be rest or dead time between sets. Can be very effective for those wanting a shorter pre exercise warm up but not wanting to compromise on the importance of priming the right movements and warming up.

Let me know what you think.

Thanks for reading

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