

Dynamic Warm Up for Bench Press

Big Arm Circles

20 forward, 20 backward per arm.

Swing one arm at a time to ceiling and to the floor, starting slow, then working slightly faster as your muscles start to open up. Do 20 forward and then 20 backward on each arm.

Wall V-W Stretch

Starting with your heels about 6 inches from the wall, make sure your head, upper back, lower back and butt are flat on said wall. Make sure your core is braced before movement starts. Place your elbows at shoulder height on the wall and with the elbows bent at 90 degrees, place the back of your hands/wrists on the wall as well. Please keep in mind, that everything, including head/butt/back/elbows/wrists/hands need to be on the wall at all times. If anything starts to pull away, stop at that point and try to flatten yourself out. The dynamic stretch begins with pulling your elbows, still bent at 90 degrees, down toward your hips. This is the W position. Then slowly start raising the hands to the ceiling, allowing the elbows to straighten after they have moved above shoulder height- this will be the V position. Move back and forth between these two points 5 times, slowly. Again, if anything pulls away, stop and flatten out on the wall.

Incline or TRX Push-ups- Easy

Note- A stable platform is preferred for warming up but in a pinch the TRX system will do. Find an elevated surface to place your hands, just wider than shoulder width apart and perform push-ups on. Make sure you're getting your chest all the way to whichever surface you choose, your body is straight like a plank and you are leaning from the toes. Perform 2 sets of 15 reps each.

Medicine ball chest passes

Use one of our padded medicine balls to perform chest passes. Do these with a partner or let them fall to the floor, DO NOT THROW AGAINST WALLS IN THE GYM. Proper chest passes are performed by holding the ball at chest height with the elbows out. Grip the ball with the thumbs pointed downward and palms facing inward. With the feet staggered, pull the shoulder blades together to load your chest muscles and in one motion pull the elbows together, pull the shoulders forward and throw the ball. Perform 2 sets of 10 with our 12 or 18 pound ball.