

Land Based Warm Ups Using the RAMP Principle



Raise

AIM: Elevate body temperature, raise heart rate, increase blood flow
METHOD: Jogging or cycling for 5-10 minutes at 60% heart rate

Activate

AIM: Activate the key muscle groups
METHOD: Press ups, squats, lunges

Mobilise

AIM: Increase joint range
METHOD: Lat, pec, glute and thoracic dynamic stretches

Potentiate

AIM: Recruit all available muscle fibres and prime the system
METHOD: Medicine ball slams, squat jumps, 6 second sprint efforts on water

"A warm muscle is a powerful muscle"