

Warm-ups

Lower Body

Split Squats and Lunges are excellent lower body warm-up exercises. They use all the muscles of the lower body in similar movement patterns to many core lower body lifts. There are also many different ways to perform them for great variety and challenge. Remember, warm-ups should always use a light resistance and excellent technique. The purpose of a warm-up is to prepare the body for heavier loads and faster movements.

For a lower body workout in particular, 3 to 5 minutes of light cardiovascular exercise (bike, row, jog) with dynamic lower body stretching prior to these exercises is an appropriate way to warm-up before resistance training.

Start by trying to do 2 sets of 8 repetitions of the easy version. Progress to 3 sets of 15 repetitions before trying to increase weight or move to a harder exercise.

Select	Exercise	Difficulty	Key Points	Rationale
One from here	Split Squat (SS) with body weight	Easy	Upright posture, back knee to floor, 90degree bend in both front and back knees.	Great entry level lower body warm-up. Functional movement.
	SS with 1 dumbbell by side	Moderate	Maintain level hips and shoulders. 1 dumbbell will try to pull you over.	The use of 1 dumbbell requires more core control and balance.
	SS with overhead weight	Hard	Lock arms, head up, core tight and smooth movement to the floor with back knee.	Changing the centre of gravity with external load will change the requirements of balance and control.
One from here	Step forward to lunge, backward step to start	Easy	Can be standing or side lying. Isolated RC exercise	Having to move requires greater balance control and proprioception development.
	Walking lunges	Easy	Balance on stride through to next step.	Functional movement. Identifies limitations in balance and strength between sides.
	Walking lunges with MB twist	Moderate	Hard to get full range. Perform sets at different grip widths	Maintaining level hips and shoulders, whilst rotating abs and striding is very challenging.
	Sideways lunge	Moderate	Be mindful of the scapular movements whilst performing the compound movements.	Move adductor involvement. Good for postural control and most sports with agility.