

# 2019 COACHES CONFERENCE

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2.0 CEUS

#COACHES19

# Conflict of Interest Statement

**I have no actual or potential conflict of interest in relation to this presentation.**

# Warm-ups for addressing weak points in high school athletes and beyond



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# Background



- B.S. Exercise science Ball State Univ.
  - 1999-2003
- M.S. Biomechanics Ball State Univ.
  - 2004-2005 (studied under Dr. Kraemer – Newton – Costill)
- Military Contractor
  - Worked with Ranger Regiment – 82<sup>nd</sup> Airborne – 4<sup>th</sup> infantry – Boarder patrol
- Strength Coordinator
  - Washington – Whitehall – Violet township fire depts
- Gym owner
  - Wenningstrength.com and ludus magnus gym Columbus OH

# Introduction

- Warm-ups have traditionally been to generally prep the body for training. This includes stretching – calisthenics – and forms of cardio. (pre lifting)

# Some issues with this process

- A – **DOES NOT** fix weak points
- B – May not reduce injury in other tasks
- C – Tends to be repetitive creating no new improvement after a short period of time

# How we move is based on what we reinforce

- Movement patterns can be changed with cumulative volume and practice
- Technique in the compound movements is based on muscles that like to dominate and muscles that like to hide

So how can we make  
coaching the squat – bench  
and other lifts easier?????

# Example of common poor movement patterns



# Example of common poor movement patterns



# Potentiate the Weak Areas!!!!

- By pre fatiguing the areas of concern, it allows the lagging/weak muscle groups to initiate more involvement into the core movement.
- Pre Activation is a huge tool for correcting motor patterns and imbalances

# Wenning Warm ups (A New Approach)

- **Step One**

**Find the weak muscle groups of your population.**

**This can come from looking at... injury rates and  
natural movement patterns**

- **Lower**                      **Core – Hamstrings – Glutes**
- **Upper**                      **Scapular Muscles – Triceps - Rotators**

# Wenning Warm ups Cont.

- Step Two

Keep intensity low and volume high!!!

a good rule of thumb is

25 reps

This ensures intensity cannot be too high, remember we are doing more volume without effecting the main movements

# Wenning warm ups

## Step Three

Pick

3 movements

that mimic the movement you are about to train and pin point needs/weaknesses

Lower Body we utilize a squat movement  
(preferably belt squats)

A hamstring movement

And a core (bracing) movement For most utilize a plank

# Wenning warm ups continued

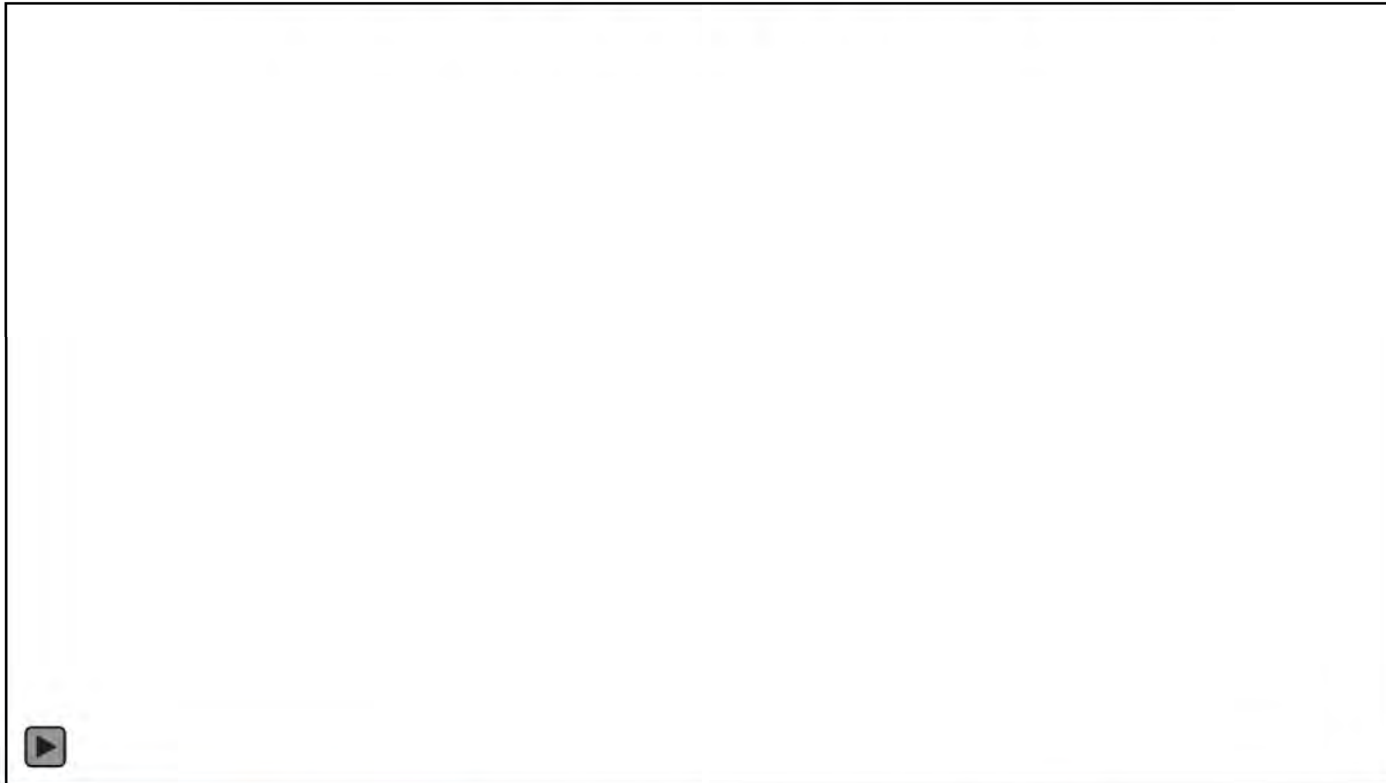
- Step Four

- Achieve 4x25 reps in those
  - 3 exercises in 12-14 min

- Building GPP – capacity – and lactate threshold should be the main concern, not the weight!!!!!!

# Warm up example

## Lower body pre core movement



# Warm up example upper body Pre core movements



# Some other key factors

- Try to utilize traction based movements

All sports are compressive as are most traditional resistance training movements, so think traction versus compression for longevity and injury reduction

I.E. Belt Squats- Reverse Hypers – 45 Deg Back Extensions – GHR etc.

# Rotation is key!!!

- We design about 6 different warm-ups for lower and upper and rotate them. The key is to focus on the weak muscles
  - New stimulus = new ability and growth
  - Reduce wear and overuse issues

# What we have found with our Athletes – Firemen –Military???

- Increased functional muscle mass
- Increased recovery
- Decreased body-fat
- Enhanced motor patterns in the core movements. Technique starts to fix itself (weak points dictate movement)

# Conclusion

- 100 Reps for 3 different movements
  - Keeps intensity down while increasing fitness
  - Helps reinforce CORRECT motor pattern
  - Keeps training more TIME and ENERGY efficient
- Rotate exercises based on need
  - New movements can be taught quicker
  - Wear and tear can easily be avoided
  - Balance out weak points quicker

# Contact Info

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