



# European Powerlifting Federation

## WARMING UP

**Warm up before you lift.** Every training session should include a time period to prepare the body for heavy training the warm-up should cover all the musculature and joints. This time period is usually referred to as the warm-up portion of your program, and is often ignored by most Powerlifters. The warm-up does not have to be an exhausting process – it should only serve to raise the core temperature of the muscles. Exercises such as Stationary Cycling, Skipping, Arms Circling, Arms Raising, Trunk Circling, Side Bending, Lunges .The lifter may also choose to do a number of very light, high repetition sets of multi-joint lifts i.e. squats with a stick or light bar to get the blood circulating to the muscles. In cool training areas the lifter may require a warm-up suit in order to reduce the time of the warm-up.

A good sign that the warm-up has been achieved is when the lifter breaks sweat. Once this point has been reached the lifter should then perform some specific stretches. Such as Quadriceps stretch, Hamstring stretch, Inner thigh stretch, Wrist stretch, Hip stretch, Shoulder stretch, Deltoid stretch, Triceps stretch, Chest stretch, Back stretch.

This will help prevent injuries, decrease muscular tension, increase the rate at which energy is released into the body, prepare your body for training and competition and enhance you psychologically.

## Cool - Down

Most lifters are good at warming up, yet forget to cool down afterwards. Following strenuous work the muscles must be gradually brought back to as relaxed a state as possible. This portion of the workout is very important because it helps the muscles to relax, also helps flexibility, promotes the removal of lactic acid from the muscles and thereby speeds up recovery. It also reduces muscle soreness. It is suggested that strength athletes spend a minimum of 10 minutes at the conclusion of their training gradually stretching out the muscles used during the training.