

MUSCLE ACTIVATION & RECOVERY

WARM UP THE ELITE WAY

Gita Pathiraja BSc
Experienced Sports Therapist
www.gpsportsclinic.com
gita.pathiraja@gpsportsclinic.com
+447562903624

Objectives

Our primary objective when completing these exercises is to:

- Prepare the body for physical activity
- Minimise the risk of injuries
- Sustain peak performance

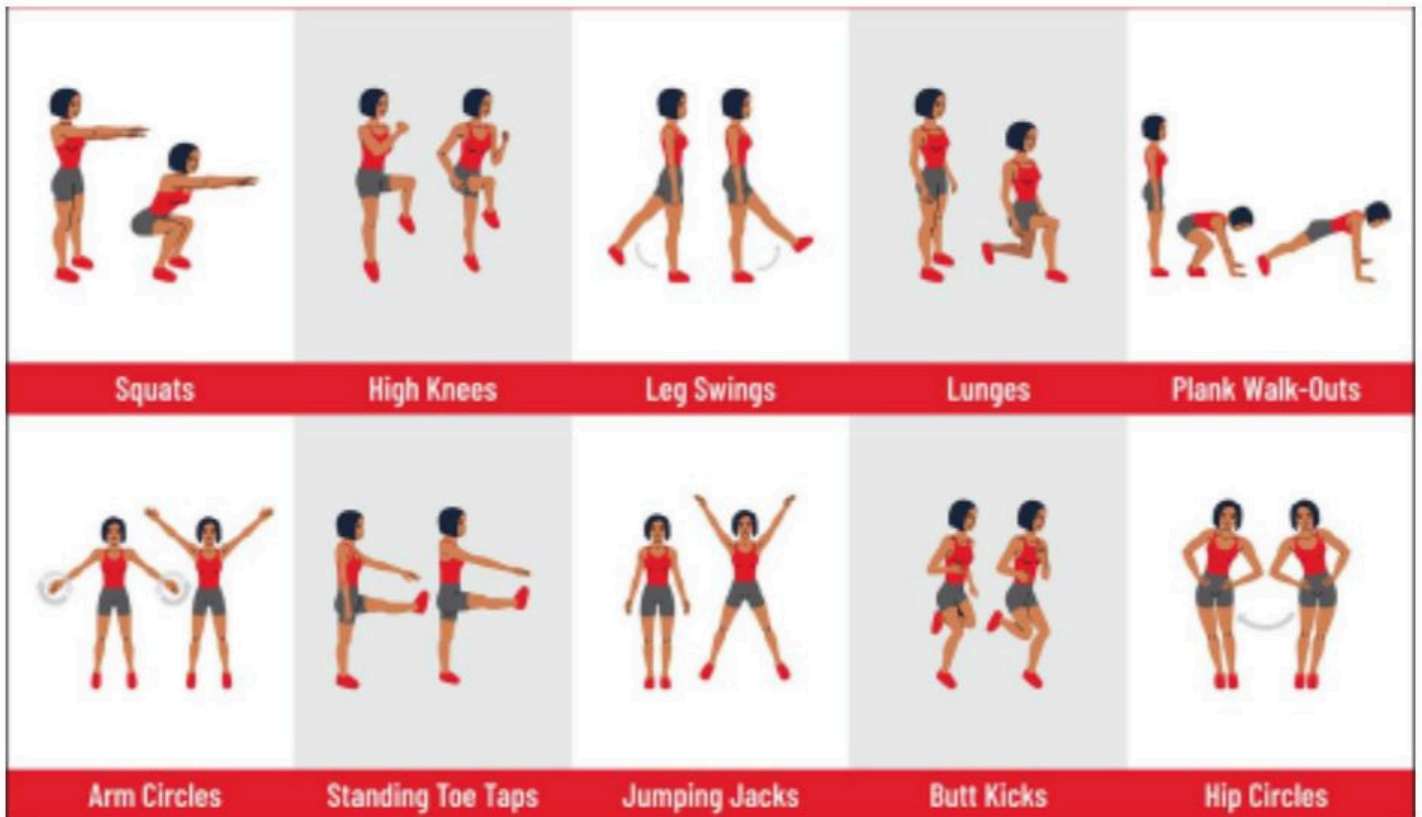
Kindly review the following details before beginning the warm-up and recovery routines:

- Ensure the workout area is free of obstacles
- Cease immediately if you experience any discomfort; we can address it during the next session
- Move within your usual range and prioritise the correct form.

By incorporating these muscle activation exercises into your routine and recovery program you'll be better prepared to achieve your fitness goals safely and effectively. Consistency and attention to your body's signals are key to long-term success.

Dynamic Stretches - **Before** Exercise/Workout/Training

- complete **x10 per exercise**
- focus on steady and controlled movements
- within pain range



Static Stretches - **After** Exercise/Workout/Training

- Ensure a minimum of **3 repetitions per section**
- Maintain each stretch for **15 to 30 seconds**
- Make sure the stretch is comfortable and **pain-free**
- Inhale, counting to 3 and exhale to the count of 4. Helps to provide a deeper stretch for maximum benefit



Icing- Immediately **After** Exercise/Workout/Training

***** Never apply ice directly on the skin*****

- Use a bag of frozen peas or crushed ice wrapped in a damp cloth for **10 minutes**.
 - **Apply** it to the **sore areas** after training or a game.
 - Follow up with a warm shower.
 - The goal is to reduce muscle soreness after games and training
-

Massage

- Massage is used throughout elite sports and for general wellness.
- The focus is to reduce the onset of muscle soreness and promote recovery post-injury, post-workout or competition.

Call on 07562903624 or visit our [website](#) to book a sports-focused massage.

Gita Pathiraja BSc,

Experienced Sports Therapist

Phone: 07562903624