



STAY SHARPE
FITNESS

COMPETITION WARM UP GUIDE

Rodeo Warm Up Guide

The goal of the warmup is to elevate the core temperature and prepare the body for training or competition. This guide will include some suggestions on how to warm up to ensure you that you perform to your highest potential. Most exercises will be linked to a video on my YouTube channel so if you're not sure what an exercise is, click on it and you will be directed to an instructional video. (P.S Head on over to my YouTube channel and subscribe). See the disclaimer at the end of the document before you get started.

1. Elevate Core Temperature – light aerobic exercise (2-5min)
2. Establish Range of Motion – stretching and mobility (2-5min)
3. Establish Fluid Movements through Range of Motion – movement (2-5min)
4. Specific Warm Up – explosive movement (2-5min)



#1 Elevate your core temperature (2-5min)

- Light Aerobic Exercise

Do this by performing a simple low intensity aerobic (cardio) task such as walking, light jogging, cycling, or skipping. This all depends on what you have available. You might not have any equipment so a brisk walk or quick jog or even skipping on the spot (with or without a rope) can be performed as long as you are increasing your body temperature. It's important to move straight into the second stage so that the benefits of the warm-up are not lost.

Exercise Options:

Brisk Walk

Light Jog

Cycling

Skipping (with or without a rope)

Tip: The use of extra clothing is important in cold weather to help increase your core temperature.



#2 Establish Range of Motion (2-5min)

– Stretching and Mobility

Use a combination of static and dynamic stretching to establish a greater range of motion. For rough stock riders, we particularly want to be getting range of motion through our hips and lower body, as well as any other troublesome area you may have (shoulders, chest, lats etc.). See some exercise suggestions to perform through this stage of the warm-up below:

Exercise Options:

Stretches (30s each)

Quad Stretches

Hamstring Stretches

Groin Stretches

Glute Stretches

Chest Stretches

Lat Stretches

Mobility (30s each)

[Spidermans](#)

Floor Sweeps

Leg Swings

Sideways Leg Swings

Arm Swings

Hip Open the Gate

Hip Close the Gate



#3 Establish Fluid Movements through Range of Motion (2-5min)

- Movement

Here we want to start out performing reps of different movements through our full range of motion. We do not want to be doing a full workout here, so be mindful of how many exercises you are performing and try to perform the suggested rep ranges below to avoid fatigue. These movements should be performed with control before we move onto more specific and explosive movements in stage 4 of the warm-up.

Exercise Options (Choose 3-5 of the below and perform 2 sets of each):

[Neck Block](#) (5s hold at each position)

[Lunge + Twist](#) (5 each side)

[Glute Bridges](#) (10 reps)

[Ground Copenhagen's](#) (5-10 seconds each side)

[Inchworms](#) (5 reps)

[Sumo Squats](#) (5 reps)

[Hip Kickouts](#) (5 reps)

[Band Pull Apart](#) (10 reps)

[Push Ups](#) (5-10 reps)

[Plank Walkouts](#) (3 reps)



4 Specific Warm Up (2-5min)

- Explosive Movement

Here is where you should start to perform some explosive and specific movements to prepare yourself before competing. The aim here is to fire up your nervous system before you go out and perform with 100% effort. For these exercises depending on how much time you have, I'd recommend slowly increasing the effort with each rep. For example, if you're doing jumps. Rep 1, jump at 70%, rep 2 jump at 80%, rep 3 jump at 90% then perform 2 jumps at 100%. Again, we do not want to be performing so many exercises that we are doing a full workout. Just enough so that our body temperature is raised and that our nervous system is fired up and ready to go and compete. If there is ever a spur board available, this is where it would be the perfect time to perform a 5-10s effort.

Exercise options (Choose 2-3 of the below and perform 2 sets of each):

[Squat Jumps](#) (5 reps)

[Countermovement Jumps](#) (5 reps)

[Explosive Glute Bridge Catches](#) (5 reps)

[Explosive Push Ups](#) (5 reps)

Explosive Band Rows / Pull Aparts (10 reps)

[Mb Slams](#) (5 reps)

[Kb Swings](#) (10 reps)

Spur Board (5-10 seconds)

Disclaimers: Always consult a physician before performing this or any exercise program. It is your responsibility to evaluate your own medical and physical condition, or that of your clients, and to independently determine whether to perform, use or adapt any of the exercises in this Stay Sharpe Fitness program or video. Any exercise program may result in injury. By voluntarily undertaking any exercises displayed in this video, you assume the risk of any resulting injury. Use of this information is strictly at your own risk. Chris Sharpe and Stay Sharpe Fitness will not assume any liability for direct or indirect losses or damages that may result from the use of information contained in this program or video including but not limited to economic loss, injury, illness or death.