

14 MINUTES TO A PAIN FREE BENCH



14 Minutes to a *Pain Free* Bench

by Jim Smith

Copyright © 2012, All Rights Reserved.

Diesel Strength, LLC.

Getting Started

Thank you for purchasing *14 Minutes to a Pain Free Bench*.

Before you get started, I wanted to share with you the perfect sequence to integrating pre-workout strategies into your workouts or program. I have developed this auto-regulatory protocol over the last 20 years and I know it will help you to not make the same mistakes I have made. All of these strategies are contained in the innovative *14 Minutes to a Pain Free Bench* warm-up protocol.

Follow these steps before every workout:

Step 1: Soft-Tissue Work: Foam rolling / lacrosse ball soft-tissue work for the entire body. You should spend upwards of 45 seconds to 1 minute on each muscle group. Also, spend extra time on whatever you're working for that day. If you are getting ready for an upper body workout, spend more time on the back, shoulders and chest. Before an upcoming lower body workout, focus on the entire body. Research has also shown that the soft-tissues of your body respond best to *slow, deliberate pressure* - so take your time with your foam rolling.

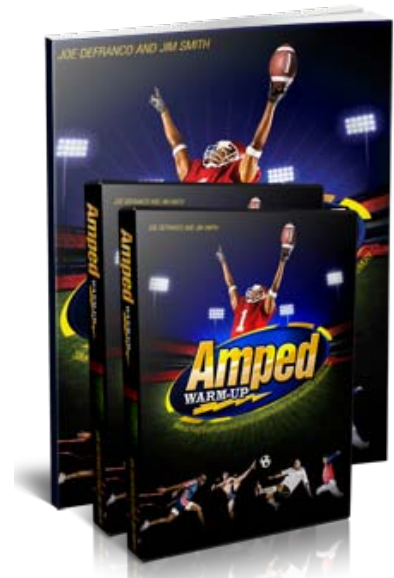
Step 2: Mobility: Mobilize the joints that require mobility; the ankles, hips, upper back and shoulders. Check out my YouTube channel for multiple mobilization techniques for the upper and lower body. Being consistent with your mobility work is critical to helping you move better and re-establish optimal posture.
<http://www.youtube.com/smittydiesel>

Step 3: Activation: Activate the muscle groups that are typically inhibited due to bad training, injury or poor posture. Inhibited muscle groups that typically need to be 'awakened' are the low traps, cervical neck flexors, glutes and external obliques (core), in addition to, re-establishing good diaphragmatic breathing patterns. Again, check my YouTube channel for tons of pre-workout activation exercises.

Step 4: Light Worksets of Upcoming Movement Patterns: If you are getting ready for an upper body workout, a push/pull combo of any kind; horizontal or vertical with light weights will start to groove the proper movement patterns. Before a lower body workout, some type of squat AND hip hinge movement will do the trick. Good exercises include goblet squats, wall squats, barbell squats, kettlebell swings, RDL's, or even weighted hip thrusts. Focus on a controlled tempo and your deep belly breathing.

Step 5: Test to see how the first exercise in your workout *feels* by performing the movement with light weight. Repeat steps 1-4 as necessary until you are ready to go and KILL THE WORKOUT.

For a complete system on how to warm-up and feel amazing, check out [AMPED Warm-up](#) - the best movement system available today.



Print out the next page and get started...

14 Minutes to a Pain Free Bench

Warm-up Routine

Wave 1

1A) DB Internal / External Rotation to Press, 1x20 reps

1B) Foam Rolling Upper Back & Triceps, 30-60 seconds per area

1C) T-bar Retractions*, 1x10 reps

Repeat 1-3X as needed

Wave 2

2A) Band Shoulder Stretches with External Rotation, 30 seconds per area

2B) Push-up Plus (slow tempo), 1x10-15 reps

2C) Lacrosse / Tennis Ball SMR - 3 Movement Patterns, 30 seconds per movement

2D) Band External Rotations, 1x20 reps

Repeat 1-3X as needed

Wave 3

Maxwell Back / Shoulder Activation Series, 5 times through

Push-ups, 5-10 reps

Band Straight Arm Lat Pull Downs, 1x10 reps

Band Tricep Extensions, 1x15 reps

Repeat 1-3X as needed

** T-bar Retractions - retractions can also be done with band resistance, with the cable stack or with dumbbells laying face down on an incline bench.*