

# MOVEMENT PREP FOR LIFTERS

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*15 - minute routines to move better, lift stronger, and feel ready*



FORWARD  
PHYSIO

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# THE PURPOSE OF MOVEMENT PREP

If you're reading this, first and foremost, thank you - you're one step closer to preparing yourself to attack your workout, day, or badass activity you're about to perform. You chose to download this because you're curious what the fuck movement prep is, you know what it is and want to see a professional's perspective, or you just like free shit (like me).

No matter the reason you're here, get ready to gain some insight behind years of my own "knowledge prep". I've taken 7+ years of education, mentorships, and continuing education courses and condensed it into a robust six pages. I've spent countless hours programming, trying different methods, and refining what works. First, on myself, then, on my friends, and finally with my own clients. It certainly isn't perfect, but I can guarantee you, it works.

Whether you are  
recovering from an  
injury or feeling the  
best you ever have, this  
E-book can help you.



In the next few pages you'll learn how to prepare your body for most workouts or activities. Upper body, lower body, or your whole body. The idea of movement prep is not to tax your system but rather...prep it. Weird, I know. This isn't meant to take the place of a workout, it's meant to supplement it.

A black and white photograph of a woman in a starting crouch on a gym floor, with a kettlebell nearby. The image is dark and serves as a background for the text.

## Movement prep IS:

A performance primer

A bridge to stronger lifts

Your body's wake up call before going hard

A black and white photograph of a man stretching his leg in a gym setting. The image is dark and serves as a background for the text.

## Movement prep is **NOT:**

A workout replacement

A fix-all for pain

Each movement prep should take **no longer than 15 minutes MAX**. Most of the exercises require minimal or basic equipment and you only need to do 1 set, 2 if you're feeling spicy.

Some of you may think this is pointless, some of you may think it makes no sense, and some of you may think "finally, something that helps me move and feel better". Whatever you do think, you're probably right. Let me know so I can continue to refine, reiterate, and continue to share. Thank you for sticking around and reading this far – without further ado, prepare to move better, feel better, and crush your day.

**Dr. Nick**

# LOWER BODY

The purpose of this movement prep is to engage the lower body musculature and improve your ability to produce force into the ground.

Preparing the lower body for a leg day, lower body push/pull day, deadlifting, or any athletic based activity. If your movement includes running or a sport that utilizes jumping, [jump to page 6](#), “Movement Prep: Running”.

There are ways to make all of these movements more challenging or easier (progressions and regressions), but these are generally a good place to start for an athlete or the general population alike. It is recommended to do it in the order as listed, but not a requirement. If you have increased pain with any of the movements, reach out and I'd be more than happy to suggest changes or alternative movements.



The purpose of this movement prep is to engage the lower body musculature and improve your ability to produce force into the ground.

## 1. Hamstring Bridge on bench or ball 1x15

- a. No equipment alternative  
= Couch or chair



## 2. Copenhagen plank short lever 1x30s ea. side

## 3. Side bridge 1x30s ea. side

## 4. Foam roller bridge 1x30s

- a. No equipment alternative =  
Calf bridge



## 5. Split squat 1x1min iso ea. Leg



### PRO TIP: WHY SIDE BRIDGES MATTER

Side bridges aren't just for core stability—they play a crucial role in **activating hip musculature** like the glute med and obliques. These muscles are essential for:

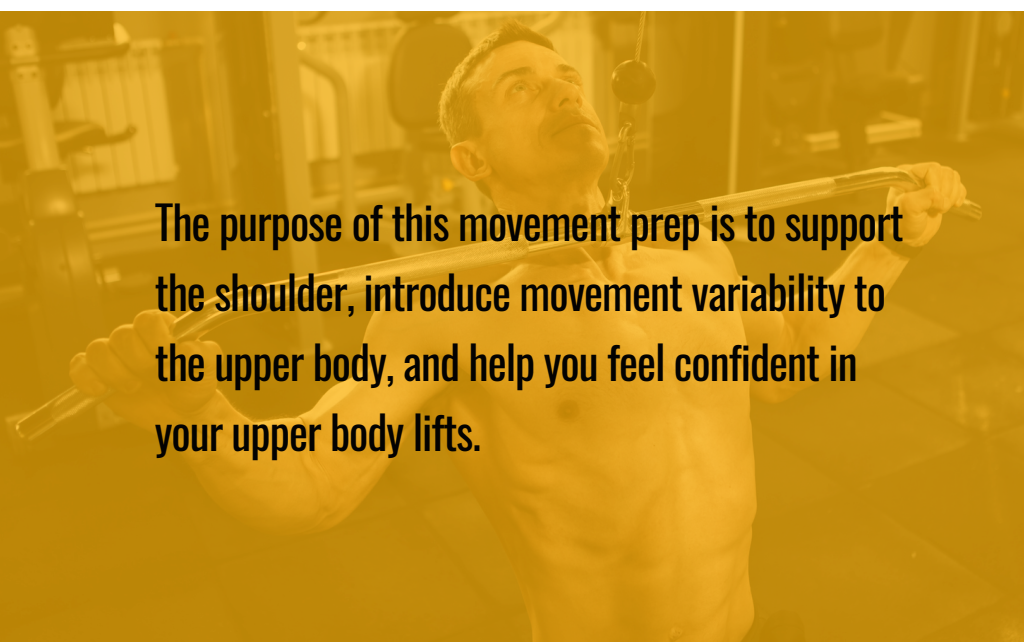
- 🦵 Controlling single-leg stance
- ➡️ Efficient weight shifting
- 🏃 Reducing compensations in running, squatting, and lateral movement.

If you tend to feel “off balance” during dynamic movement—or struggle to control your knees or hips—side bridges are your prep MVP.

# UPPER BODY

The purpose of this movement prep is to support the shoulder, introduce movement variability to the upper body, and help you feel confident in your upper body lifts. Preparing the upper body for a chest, shoulder or back day, upper body push/pull day, or any athletic based activity.

There are ways to make all of these movements more challenging or easier (progressions and regressions), but these are generally a good place to start for an athlete or the general population alike. It is recommended to do it in the order as listed, but not a requirement. If you have increased pain with any of the movements, reach out and I'd be more than happy to suggest changes or alternative movements.



**The purpose of this movement prep is to support the shoulder, introduce movement variability to the upper body, and help you feel confident in your upper body lifts.**



1. **Beast push up** 1x15

2. **External rotation with dumbbell**  
1x8 ea side

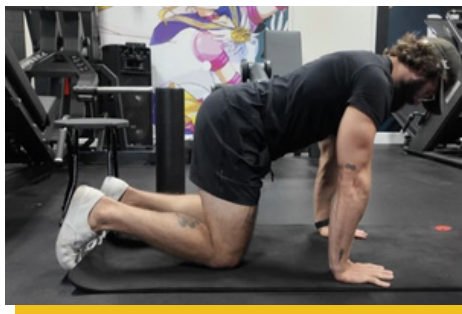
3. **KB arm bar** 1x6 ea side

a. Alternative: Dumbbell arm  
bar

4. **TRX row** 1x10

5. **KB carry** 1x20 meters

a. Alternative: Dumbbell carry



### **PRO TIP: WHY BEAST PUSH-UPS MATTER**

Struggling with shoulder or shoulder blade pain:  
Beast push-ups help:

- ↑ Engage the serratus anterior to promote shoulder blade stability
- 🔧 Improve active shoulder blade upward rotation
- 👉 Lock out fully and focus on reaching your arms to the floor as your upper back rounds.

These movements can build more resilient shoulders and arms.

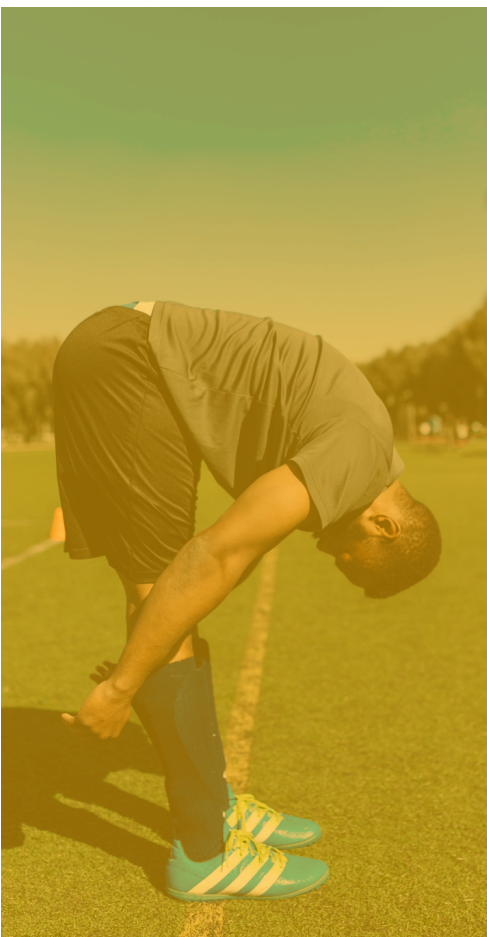


# FULL BODY

The purpose of this movement prep is to prepare you for a full body workout. That might be something like an Orange Theory class/F45 class, a boutique gym HIIT workout, or your own circuit based workout.

There are ways to make all of these movements more challenging or easier (progressions and regressions), but these are generally a good place to start for an athlete or the general population alike. It is recommended to do it in the order as listed, but not a requirement. If you have increased pain with any of the movements, reach out and I'd be more than happy to suggest changes or alternative movements.

The purpose of this movement prep is to prepare you for a full body workout. That might be something like an Orange Theory class/F45 class, a boutique gym HIIT workout, or your own circuit based workout.



1. Side bridge 1x30s ea side

2. Hamstring bridge 1x15

3. Beast push up 1x15



4. Wall push up 1x10

5. Lateral lunge 1x10 ea side

Tired of warming up wrong?

Text **"MOVE"** to (813) 603-7071

✓ Save time. Move better. Train harder.

Free 15-minute consult

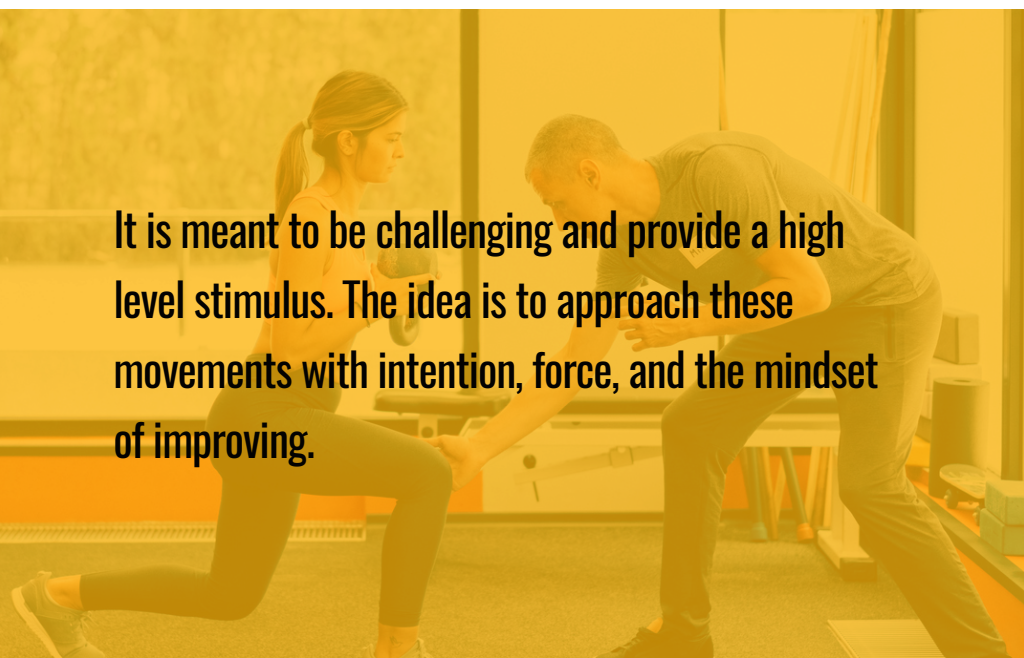
# BONUS

## SAMPLE PROGRAM FOR MOVEMENT VARIABILITY

This sample program is something that I may give to an athlete trying to improve their explosive power, rotational abilities, or improve their movement variability. It is meant to be challenging and provide a high level stimulus. This is what I'd consider to be a "high" day, meaning it takes effort where you are striving to achieve 80-85% max output. The idea is to approach these movements with intention, force, and the mindset of improving.

Be mindful of rest between sets of movements in order to decrease your heart rate (HR) and be able to maintain an appropriate output and level of effort during the next set or next group of movements.

If you do not have any experience with these movements I recommend still trying them, but at a slower speed and even without weight or resistance, until you feel more confident in the movement.

A woman and a man are performing a lunge exercise in a gym. The woman is on the left, wearing a black tank top and leggings, holding a kettlebell. The man is on the right, wearing a grey t-shirt and black pants, also holding a kettlebell. They are both in a lunge position, with their right legs forward and left legs back. The background shows gym equipment and a window.

**It is meant to be challenging and provide a high level stimulus. The idea is to approach these movements with intention, force, and the mindset of improving.**



## Movement Prep

1. Hamstring Bridge Single Leg 1x15 ea side
2. Copenhagen short lever dips 1x12 ea side
3. Side bridge with rotation 1x12 ea side
4. Single arm TRX row 1x10 ea side
5. Plyo push up 1x8 ea arm

## Main movements x3 rounds 60-90s rest between rounds:

\*A1, A2, B1, B2, etc = movements performed back to back

- A1. Med ball rotational throw x6
- A2. Supine KB arm bar windshield wipers x3 ea. direction
- B1. Front squat x8
- B2. DB push press x6
- C1. Romanian deadlift x6
- C2. Barbell row x8
- D1. Lateral lunge x8 ea side
- D2. BIL farmers carry x50 meters

### Isolated movements:

1. Bicep curls 2x15
2. Tricep skull crushers 2x15

# PUTTING IT ALL TOGETHER

Movement prep is a great way to begin your workout or before you do an activity that requires a little more effort than just walking. These exercises are not going to add 3 inches to your thighs or give you the endurance to run a marathon.

What they will do however, is provide you with a reproducible framework that can be progressed and regressed as you move through your training and/or athletic journey. Like most things, if you want to start noticing changes and seeing the fruits of your labor, these movements should be done consistently.

You may start to notice improvement in your movements like squats, bench press, or even just walking. Some aches and pains you have may start to go away. While these exercises have been tested over and over, with numerous different populations, it does not guarantee any of the above. You are a unique individual, and while this is also a unique program, it is not unique to you. Again, this is a solid framework that will help you but if you want something specific to you and you are trying to achieve a specific goal, we can help you with that.

If you find you enjoyed these movements and benefitted from them, I encourage you to reach out and see if we're a good fit to work with you further. Our information is provided below in resources. Please also leave any testimonials in our Google reviews or reach out to us personally via any of the [contact methods listed below](#).

**Thank you again for downloading – get ready to kick some ass.**

Dr. Nick

# RESOURCES

**Instagram:** @fwd.physio

**Website:** [www.forward-physio.com](http://www.forward-physio.com)

**Email:** [info@forward-physio.com](mailto:info@forward-physio.com)

**Phone number:** (813)-603-7071

**Google Reviews:** Leave us a review

**Location:** Flex and Flow Fitness, 5850 W.

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