



THE ULTIMATE GUIDE TO

# PRE-WORKOUT RITUALS FOR SUCCESS IN THE GYM

Learn how to optimize your  
performance for every  
workout.

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# Pre-Workout Rituals For Success In the Gym

Are you looking to level up your game in the gym, and get the results you desire?

An effective workout program involves much more than just heading to the gym and moving your body. Preparation is the key to success in any area of life. Your pre-workout rituals are just as important to master as the movements in your actual workout.

As you progress through your pre-workout routine you will move closer and closer to being fully present and be able to focus one hundred percent on your workout. Both physically and mentally.

**Let's get ready to MOVE!**

## Pre-workout Rituals:

### 1. SLEEP

Exercise and sleep are a two-way street. You need good quality and quantity of sleep to be able to push yourself physically. If you're seriously looking for growth and putting the time into exercise, you owe it to yourself to get the sleep you need. Make sleep a priority with a plan for 8 hours of sleep per night. Being well-rested will give you the energy you need for your workout, keeps hunger hormones in check, as well as aiding in muscle recovery to become stronger, healthier and more fit.

### 2. Hydrate, hydrate, hydrate

Drinking water is crucial for overall health and wellness. More importantly it plays an especially key role in any fitness routine. You would never let your car run low on oil! Water is just as important for your body as oil is to your engine. Staying hydrated will prevent muscle cramps and dizziness during exercise. Studies have shown that being

adequately hydrated also increases performance levels. Your exact water needs depend on variables like age, gender, weight, height, and intensity of exercise. On average, we should be consuming half of our body weight in ounces per day (if you are 150 pounds, you should aim for 75 ounces per day or a little over half a gallon).

### **3. Grab a snack**

Timing of pre-workout fuel depends on the individual, specifically the digestive tendencies. There is no hard-and-fast rule for fueling prior to a workout so there is no need to force yourself to eat. However, it is important to have the energy you need for peak performance. If there is no food in, there is no energy out! Experiment over the course of a few workouts as duration and intensity of the workout will also be a factor. There is no one answer. There is only what works for you, and what works for you may change over time as your body adapts and your workouts change.

### **4. Supplement Up**

Pre-workout supplementation won't make or break you but will add benefit to any workout. They can heighten focus and give you an extra energy boost of intensity that could bring greater results. Most pre-workout supplements contain amino acids and caffeine to help veins and arteries dilate to increase blood flow. Amino acids also help get your body into a state of repair before you even start your workout. It is important to know that not all pre-workouts are created equal.

Here are a few things to look for:

- Low in sugar (2g or less)
- low in calories
- natural caffeine sources
- complex amino acid blend

## 5. Mentally Prepare

How do you push through that little voice in your head that is telling you to rest? Maybe it is way to early and the sun is still down or it has been a long grueling day and all you want to do is sit on the couch with your favorite movie and a glass of wine, it is important to be able to ready mentally, emotionally, and physically.

- **Have a plan-** knowing the plan for your workout is the most important aspect of being prepared.
- **Record your effort** - It is far too easy to skip the last few reps or sets if you aren't setting your goals, writing down your workouts, and tracking your progress.
- **Visualize Success-** Before each workout know what to expect. Take a min to review your workout, plan it out, visualize, and commit. This creates confidence.
- **Accept-** Negative thoughts and self-doubt happen. Accept them and then say goodbye and let them go on their way as you do the work.
- **Enjoy the moment-** Maybe this work out you didn't want to do will end up being the best part of your day. At the very least it won't be the worst part. Enjoy this moment. Take some time for you.

## 6. Use a foam roller

If you don't have a foam roller, get a foam roller. Athletes of all ages and sizes need a foam roller. If you intentionally move your body to better your quality of life, YOU ARE AN ATHLETE! Foam rolling is a marvelous way to loosen tight tendons and muscles. The same way you would iron the wrinkles out of clothes before a big meeting, foam rolling smoothes out the rough spots in your body before you go hard in a workout. The rolling over muscles is a self-massage that is breaking up small adhesions and scar tissue that can limit you and eventually cause injury if not taken care of prior to activity. Focus on your large muscles. Focus on your glutes, quads, IT bands, back, lats and chest for example.

## 7. Dynamic warm-up

The warm up is designed to:

- Raise your body temperature
- Increase range of motion,
- Prepare muscles and connective tissue to be at their optimum
- Get you into a fat-burning state
- Maximize your intensity during your workout

According to the American Council on Exercise, a well-rounded warm-up routine can help address underlying muscle imbalances and enhance your overall quality of movement. The objective is not to get drenched rather work your body at a low to moderate pace on the bike, treadmill, or elliptical for 5-10 min followed by a simple dynamic stretch routine that focuses both on the anterior and posterior chains of the body. It is incredibly important to ease into the stretches with no bouncing or pulsing.

When used as a pre-workout ritual, these 7 steps will put you on the path to success helping you reach the goals you have set.