

# RESPECT THE BASICS

More often than not, many of those who wish to embark on their fitness journey after a prolonged period of sedentary lifestyle mistakenly aim for the stars – when in fact it would do them better to go back to basics. Mobility and bodyweight training is one of the many ways we can go back to basics. Just like how we warm up our cars before we drive off in the morning, we must also ensure we warm up our bodies upon rising before we start our days. We are asleep for six to eight hours during the night and our bodies become stiff. Hence, it is essential that we spend five to ten minutes every morning warming up our bodies with simple exercises and movements to ensure maximum mobility.

Start from the top with some joint mobility exercises. Rotate your head, shoulder, hips, wrists, elbows and knees to loosen your joints. This simple exercise only takes a few minutes but we often overlook it. For those who are extra diligent, you can even do this at your office desk periodically throughout the day to energize yourself and beat the stress of work!

Next, increase your flexibility by practicing basic movements such as squatting, picking up things from the ground, planking, push-ups and even crawling. These movements will help one achieve the desirable range of motion of flexibility, strengthen joints and prevent injuries in the long run.

These simple warm-up exercises will prepare our bodies for more complex exercises, or simply to get our motors running after a sedentary period. It is important to first understand how our body works before attempting to use external equipment such as dumbbells and barbells. Take gymnasts for example; they work primarily using their own body weight and only lift weights as a secondary option to improve their physique!

With a new year comes new resolutions – start your day with these simple warm-up exercises for a healthier body!

Best regards

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Emmanuel has been a personal trainer since 2007 and is certified under the Federation of International Sport and Aerobics Fitness. He constantly keeps himself updated on the latest fitness techniques via workshops and certification programs. His expertise lies in Kettleballs, strength training and loaded stretching. He is also trained in Boxing, Muay Thai and Jujitsu. If you are looking to improve your strength, mobility or tone your body, feel free to approach him and get started on your fitness journey!

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