

What's the Best Way to Warm Up for a Workout? | Dr. Andy Galpin & Dr. Andrew Huberman

<https://silosolo.com/485057>

Summary

The transcript discusses the importance of a good warm up and how it varies depending on the individual. It emphasizes the role of volume in hypertrophy training and intensity in speed, power, and strength training. For strength and power training, shorter warm ups are recommended. In Olympic weightlifting, warm up sets are used to measure barbell velocity. While a general warm up is necessary before each workout, specific warm ups for each exercise may not be needed after achieving overall warm up.

Silo sample questions

- What does a good warm up look like?
- What are the primary drivers in different types of training?
- Should the warm up be shorter or longer for strength and power training?
- What is the role of warm up sets in Olympic weightlifting?
- Should warm ups be done before each exercise in a workout?

Topics

warm up

training adaptation

primary drivers

Olympic weightlifting

specific warm up

Key Takeaways

- A good warm up varies depending on the person and their needs. Some people benefit from a minimum warm up, while others require a more extensive warm up. It is important to find what works best for you.
- Volume is the primary driver in hypertrophy training, while intensity is the primary driver in speed, power, and strength training.
- The warm up for strength and power training should be shorter, as the adaptation does not occur until the athlete is moving at maximum speed or power.
- In Olympic weightlifting, warm up sets are used to measure barbell velocity and determine when an athlete is ready for a working set.
- A general warm up is recommended before each workout to warm up the entire body. However, specific warm ups for each exercise may not be necessary after achieving overall warm up.

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