**R.A.M.P**

R- Range of Motion. A-Activation. M-Mobility. P-Movement Preparation

**RAMP Template**

Foam Roller/Ball SMR (Self Myofascial Release)

Hip Stretch/Mobilization

Hip Stabilization Activation (Backside) Band

Hip Stabilization Activation (Side) Band

Thoracic Spine Mobilization Exercise (Foam roller, Side lying w/ball, Side lying w/bent knees, On knees w/head elbow rotate, The Brettzel, Kneeling w/hands behind head, Knees w/elbows on bench)

Ankle Mobility exercise

Scapular Stabilizer Activation Exercise

Hip Separation Exercise (SL stance)

Sagittal Plane Lunge Exercise (Vertical halves of the body)

Frontal Or Transverse Plane Lunge Exercise (Horizontal halves of the body)

The Get Moving RAMP work does several important things.

1. Addresses soft tissue quality, like a massage does, to reduce any tension and/or knots (via the foam roller and/or ball)
2. Improves muscle length/extensibility
3. Improves mobility of the joints
4. Elevates body/core temperature and increases body flow
5. Takes the body through multiple planes of movements to improve mobility
6. Charges up and excites the nervous system to prepare the body for the demands of the workout and the movement patterns (exercises) that will follow.