

THE RESET CO.

Warmup & Mobility

The 5-minute ramp before every session, and the routines that keep you moving well

STRENGTH FILE 4 OF 6

How This File Works

There are four routines here, and only one of them is required.

Routine	When	Time	Required?
The 5-Minute Ramp	Before every session, no exceptions	5 min	Yes
10-Minute Mobility Routine	Evenings or off-days, as wanted	10 min	Optional
Desk-Day Reset	Mid-afternoon on sitting-heavy days	2 min	Optional
Morning Stiffness Routine	In bed / at the bedside, on creaky mornings	3–4 min	Optional

None of this is stretching-for-virtue. Each routine has one plain job: the Ramp prepares you to lift, the others make the hours between sessions more comfortable. Nothing here should ever hurt. Gentle tension, easy breathing, no bouncing, no gritted teeth.

The 5-Minute Ramp

Do this before every session — A, B, and C, all twelve weeks. It’s built from the same patterns you’re about to train, so it doubles as rehearsal. No equipment except your chair and a wall.

One rule worth repeating from the core guide: the Ramp is also your daily systems check. Most days it wakes you up and you feel better by move three. If you get through all five moves and your body is still saying a clear *no* — not “meh,” an actual no — believe it. Take the walk or the mobility routine instead and apply the missed-day math. The Ramp saying no is information, not failure.

#	Move	Time	What it does
1	March in Place	45–60 sec	Raises heart rate and body temperature; wakes up hips and ankles
2	Arm Circles + Wall Slides	45–60 sec	Warms shoulders through their full range; preps pushing and pressing

#	Move	Time	What it does
3	Hip Hinge Rehearsal	45–60 sec	Grooves the hips-back pattern before any deadlift or row
4	Bodyweight Squat to Chair	45–60 sec	Rehearses the squat pattern, light and easy — half your normal depth effort
5	Glute Bridge	45–60 sec	Switches on glutes and warms the low back gently

Quick cues:

1. **March in Place.** Easy pace, arms swinging, knees comfortable — this is a walk, not a drill. By the last 15 seconds you should feel warmer, not winded.
2. **Arm Circles + Wall Slides.** Ten slow circles forward, ten back, arms long. Then stand with your back near a wall, forearms against it like a goalpost, and slide your arms up and down 6–8 times. Only go as high as stays comfortable — the range grows on its own over the weeks.
3. **Hip Hinge Rehearsal.** Hands on hip creases, soft knees, push your hips *back* until you feel gentle tension in the backs of your thighs, then stand tall by squeezing your glutes. Slow, 8–10 reps. This is the exact pattern your Romanian deadlifts will use.
4. **Bodyweight Squat to Chair.** Sit back toward the chair, tap or briefly sit, stand up. Smooth and unhurried, 8–10 reps at maybe half effort. You’re oiling the hinge, not training yet.
5. **Glute Bridge.** Lying down (or on a firm sofa if the floor is a project today), push through your heels, squeeze up, pause one second, lower slow. 10–12 easy reps. Exhale as you lift.

By the end you should feel warm, loose, and slightly eager. If a joint that usually complains is complaining louder than usual, give it one more gentle round of the relevant move before you load it.

The 10–Minute Mobility Routine

Optional, and lovely. Best in the evening — after dinner, during a show — or on off-days. Six gentle holds, **60–90 seconds each**, working from the ground up. Breathe slowly the whole time; the exhale is where the muscle lets go. The stretch should read as “comfortable tension,” about a 3 out of 10. Pain, pins-and-needles, or numbness means back off.

#	Hold	Area	Time
1	Wall Calf Stretch	Calves	60–90 sec per side
2	Half-Kneeling Hip Flexor Stretch	Hips	60–90 sec per side
3	Doorway Chest Opener	Chest / front of shoulders	60–90 sec
4	Child's Pose with Reach	Upper back / lats	60–90 sec
5	Lying Hamstring Stretch with Towel	Hamstrings	60–90 sec per side
6	Ear-to-Shoulder Neck Stretch	Neck / upper traps	60–90 sec per side

Quick cues:

1. **Wall Calf Stretch.** Hands on the wall, one leg back, back heel down, back knee straight. Lean in until the calf speaks up politely. Swap sides.
2. **Half-Kneeling Hip Flexor Stretch.** One knee on a cushion, other foot forward. Tuck your tailbone slightly, shift forward an inch, and feel the front of the kneeling-side hip open. This one repays every hour you sat today.
3. **Doorway Chest Opener.** Forearm on the doorframe, elbow at shoulder height, step gently through the doorway until the front of your chest and shoulder stretch. Do both sides in the 60–90 seconds.
4. **Child's Pose with Reach.** Knees wide, sit back toward your heels, arms long on the floor. Walk both hands to one side for a few breaths, then the other. Knees cranky? Do it standing, hands on the kitchen counter, hips pushed back.
5. **Lying Hamstring Stretch with Towel.** On your back, towel or strap around one foot, leg up with a soft knee. Pull to gentle tension, breathe. Your low back will thank you before your hamstrings do.
6. **Ear-to-Shoulder Neck Stretch.** Sitting tall, let one ear drift toward that shoulder. Hands stay in your lap — gravity is enough. No pulling on your head, ever.

Desk-Day Reset

Two minutes, three moves, no changing clothes. For the afternoon of any day spent mostly in a chair — it undoes the sitting posture your evening session would otherwise have to fight through.

#	Move	Time
1	Stand + Reach Overhead, then Side Bend	30 sec
2	Doorway Chest Opener	30 sec
3	Chair Squat × 10, slow	60 sec

Stand up, reach both arms to the ceiling, and take one slow breath; lean gently to each side. Then the same doorway opener from the mobility routine, briefer. Then ten unhurried squats to your chair. Done. Do it as often as you like; two or three rounds spread across a desk day is a quiet superpower.

Morning Stiffness Routine

For the mornings your body boots up slower than your coffee maker. Four moves, all in bed or right beside it, three to four minutes total. Move gently — you're thawing, not training.

#	Move	Where	Time
1	Knees-to-Chest Rock	In bed, on your back	30–45 sec
2	Lying Spinal Twist	In bed, on your back	30–45 sec per side
3	Ankle Pumps + Circles	In bed or seated on the edge	30 sec
4	Bedside Cat-Cow (hands on mattress)	Standing beside the bed	45–60 sec

Quick cues:

1. **Knees-to-Chest Rock.** Hug both knees loosely toward your chest and rock a few inches side to side. Your low back gets a tiny massage before it has to carry you anywhere.
2. **Lying Spinal Twist.** Knees bent, feet on the mattress, let both knees fall gently to one side while your shoulders stay put. Breathe there, then swap. Go only as far as feels easy.
3. **Ankle Pumps + Circles.** Point and flex each foot ten times, then circle each ankle both ways. Feet and calves wake up before they take your first steps.

4. **Bedside Cat-Cow.** Stand, hands on the mattress, hips back. Round your back up toward the ceiling on an exhale, then let your chest sink and lift your gaze on the inhale. Six to eight slow rounds and your spine remembers how this works.

Stiff mornings are common in this season of life and they are not a verdict on the day. Most stiffness eases with exactly this kind of gentle motion — which is also useful information: stiffness that *melts* with movement is normal; pain that *sharpens* with movement is worth a professional's eyes.

Why This Matters More After 40

Here's the honest biology, minus the doom. The drop in estrogen through perimenopause and beyond doesn't just show up on the bathroom scale — it changes connective tissue. Tendons, ligaments, and the tissue around joints become a little less elastic and a little slower to adapt, and researchers now group the resulting aches under the name “musculoskeletal syndrome of menopause” — by one estimate it touches around 70 percent of women through the transition, with roughly half experiencing joint pain along the way (Wright 2024). If your knees and shoulders have gotten chattier lately, that's a documented pattern, not your imagination and not fragility. And notably, the same literature names resistance training — the thing you're doing — as a key countermeasure.

The practical translation is simple: **tendons warm slower than muscles, so give them the courtesy of a ramp.** Warm tissue is more elastic and better at absorbing load; cold tendons asked to work hard are how tweaks happen. That's why the 5-Minute Ramp is the one non-negotiable in this file, why the program favors controlled tempo and full, comfortable range over sudden maximal efforts, and why load increases come in patient steps. You're not being babied — you're being engineered for. Five minutes before each session and a few gentle holds in the evening buy you decades of joints that cooperate. Cheap at twice the price.
