

THE RAMP PROTOCOL

A WARM-UP GUIDE FOR SNOW SPORTS



1. RAISE

ELEVATE BODY TEMPERATURE, HEART RATE, RESPIRATION RATE, BLOOD FLOW AND JOINTS



HOW?

Low intensity activities

GOAL

To transition the body from rest to a state that is physiologically primed for movement

ENGAGE KEY MUSCLE GROUPS FOR PERFORMANCE

2. ACTIVATE



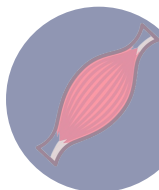
HOW?

Hip, core and knee for stability, power transfer and injury prevention



GOAL

To switch on targeted muscles and increase mind-muscle connection



3. MOBILISE

TARGET KEY JOINTS TO ACHIEVE THE POSITIONS DEMANDED



HOW?

Dynamic mobility exercises

GOAL

To prepare the athlete to move through their full and sport-specific range of motion, and to withstand the specific demands of the sport

PERFORMANCE THROUGH SPORT-SPECIFIC ACTIVITY

4. POTENTIATE

ON-SNOW ACTIVATION: 2 TO 3 WARM-UP RUNS

HOW?

Jump landings, single-leg stability exercises, and warm-up runs

GOAL

Bridge off-snow preparation to on-snow performance, and integrate body, mind and environment

