



# Nazareth SAT Warmup

# 1 10 SAT Breaths

# 2 Stick Activation

psoas



glutes



## #3 Lines Back – movement

### Mobility - Body Awareness - Core temperature - Belly Breathing

1	A-SKIP 15YDS FWD - BKWD	Core Temperature – Arm/Leg Coordination
2	STRAIGHT LEG BOUND 15YDS	Glute - Hamstring Extension
3	ALT. STRAIGHT LEG KICK 15 YDS	Dynamic Kicks - 90 Degrees - Dorsi Flex
4	GOOD MORNINGS 8X	Hinge Hips - Hamstring - Glute Extension
5	DUCK UNDERS 15YDS	Hip Mobility - Lateral Movement
6	LUNGE OPPOSITES 15YDS	Hip Flexors, Shoulder Flexion
7	HEEL TOE RAISES 8X	Dorsi Flex - Extend
8	SIDE SHUFFLE ARM SWING 30yds	Sport specific movement - Scapular retraction
9	CARICOA 30yds	Hip Rotation - Agility
10	5 BELLY BREATHS	Engage CORE - diaphragm, psoas, glutes

### Joint Stability - Speed Agility Work

11	DOUBLE LEG LANDINGS 5x - Jog 15YDS	Eccentric/Deceleration Work
12	SL LEG FLEX - ROTATE - EXTEND	Hip Flexion - Rotation - Extension - Balance
13	GLUTE THURST 5X - JOG 15YDS	Hinge Hips - Posterior Extension
14	SL LANDINGS 15yds	Joint Stability - Balance
15	SKIP FOR DISTANCE 15yds	Force Production
16	SKIP FOR HEIGHT 15YDS	Glute Extension - acceleration

### Explosive Movement - Power Repeatability - Sport Specific Reaction

17	BROAD JUMP 3X - SPRINT 15YDS	Plyo - Explosive Power Output
18	TUCK JUMP 5SEC - SPRINT	Agility - Plyo Repeatability
19	Crossover Sprint Start 15yds/15yds	Reactionary Power - Mix Up Count
20	Positional Sprint Start 15yds/15yds	Reactionary Power - Mix Up Count

