



2020 NSCA COACHES CONFERENCE & LIVESTREAM



#Coaches20

SWEATY IS READY!

WARM UPS IN A LARGE GROUP SETTING

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.





ADAPTED FROM TOMMY KONO

QUICK HIP FLOW

- *KNEE PRY'S X6*
- *BLOCKED ROTATIONS X6*
- *T-SPINE ROTATIONS X6*
- *COSSACK SQUAT X6*

SCORPION SQUATS

CROSSES AND SCORPIONS

PARTNER WARM UPS

- *ECCENTRIC HIP FLEXORS*
- *ECCENTRIC GLUTE MEAD*
- *ISOMETRIC SQUATS*
- *ISOMETRIC GLUTE MEAD*

JUMP PROGRESSIONS

SPRINT PROGRESSIONS

THANK YOU!

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- *@CARMENPATA*