



2022 NSCA *NATIONAL* CONFERENCE

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#NSCACon22

› *KNOWLEDGE*
› *ADVANCEMENT*
› *COMMUNITY*

CONFLICT OF INTEREST STATEMENT

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

Assessing and Improving Movement Quality in Warmup



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Assessing and Improving Movement Quality in Warmup

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Why Warmup?

- Elevate Core Temperature
- Neural Potentiation
- Stimulate or Train Proprioceptors
- Develop Coordination
- Develop Mobility
- Evaluate Movement Quality

Key Warmup Parameters

- Movement Based
- Intensity Goals
- Ascending or Descending
- Warmup Length

Common Warmup Components

- Static Flexibility Work
- Dynamic Flexibility Work
- Sprint Development Drills
- Hurdle Mobility Work

Evaluation of Movement Quality

- Amplitudes of Movement
- Mobility Restrictions and Hypermobility
- Strength / Mobility Imbalances
- Multiplanar Qualities

SAC

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