








## Saracens EPDG Warm-up



SARACENS

- All dynamic movements.
- Start on floor (dynamic stretching & muscle activation), progress to on feet activities.
- Complete each exercise for 30 seconds

Exercise	Description	Picture
Calf pumps	Press up position - alternate heel to floor	
Hamstring walk ups	Start in press up position – keeping legs straight – walk feet towards hands & back out again.	
Glute change overs	Knee to opposite shoulder	
Scorpions	On front – alternate leg swings	
Crucifix	On back – alternate leg swings	
Bridges	X 8 normal bridge X 3 on head	
Knee rolls	Lying on your back with knees bent – roll knees side to side	

On feet activity related movements		
Partner squats	Cross hands – perform squat with your partner – let go of each other’s hands – perform chest pump	
Leg swings (30secs each leg)	Forwards & backwards Side to side	
Hop swing outs (30secs each leg)	Complete 3 hops on one leg – kick leg out as if kicking a ball	
Jogging activities		
Running circling Arms	Forwards circle 1 forward, 1 backwards	Backwards circle
Follow commands	Jump / drop to floor High knees / heel flicks	
Running drills – start on try line ( performed over 20 meters)		
Bounding	Emphasis on height / hang time ➤ ½ pace x 2 ➤ Full pace x 2	
Sprint x 1	1 x 20 meter sprint	