





Dynamic Warm-Up

	Exercise	Repetitions
	Knee to Chest	10 each
	Quad Grabs	10 each
	Squats	20
	Squat with Weight-shifts	20 each



Worlds Greatest Stretch

3 each



Curtsy Lunge

5 each



Standing Rows with Rotation

5 each



W Row

20



Shoulder Taps

10



T Spine Rotation

5 each

