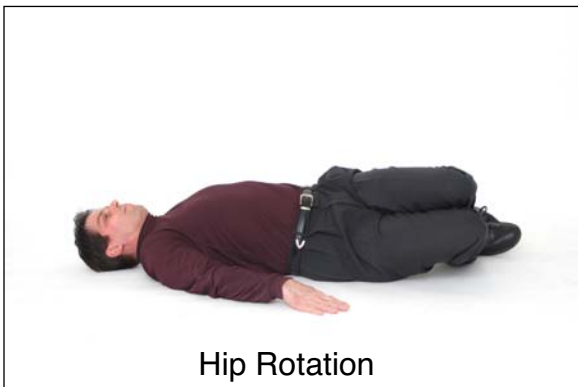
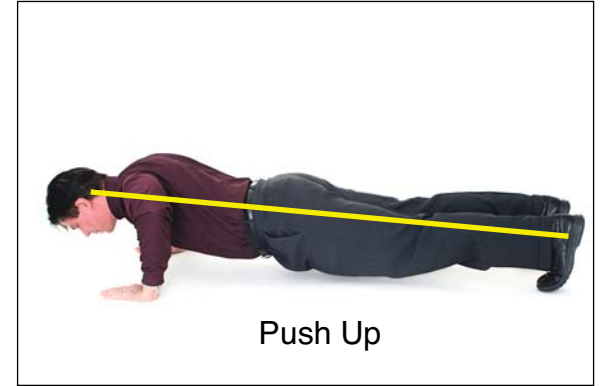
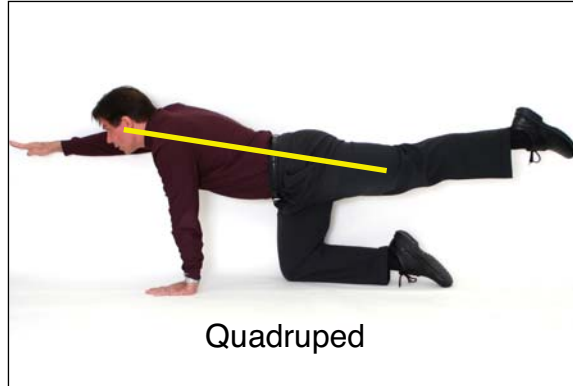


Strengthening and Warmup Exercises

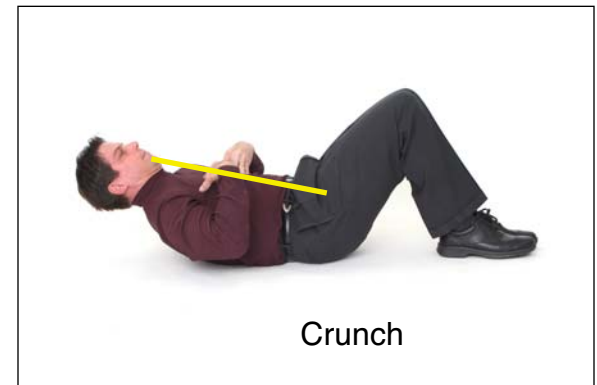
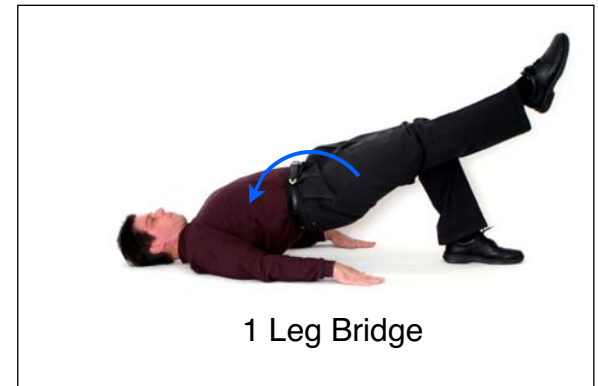
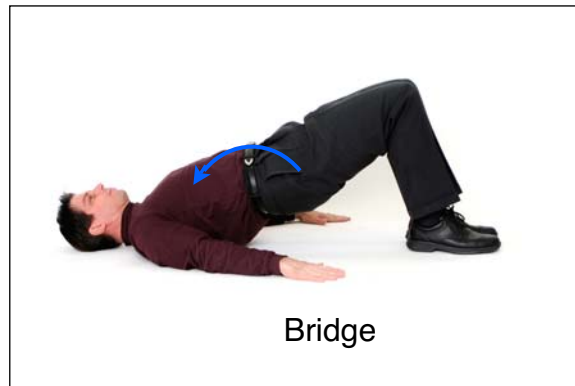
Warm UP 1 Set of each -10 reps

Strengthening 3 Sets 10-15



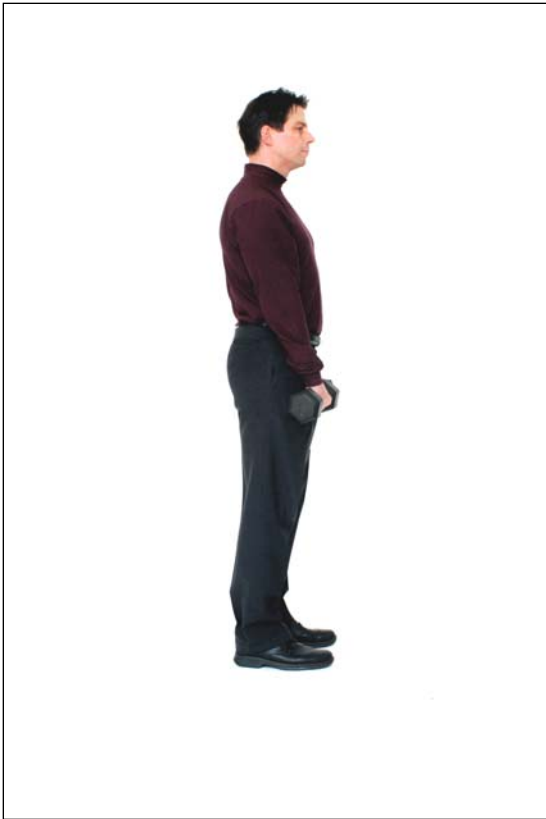
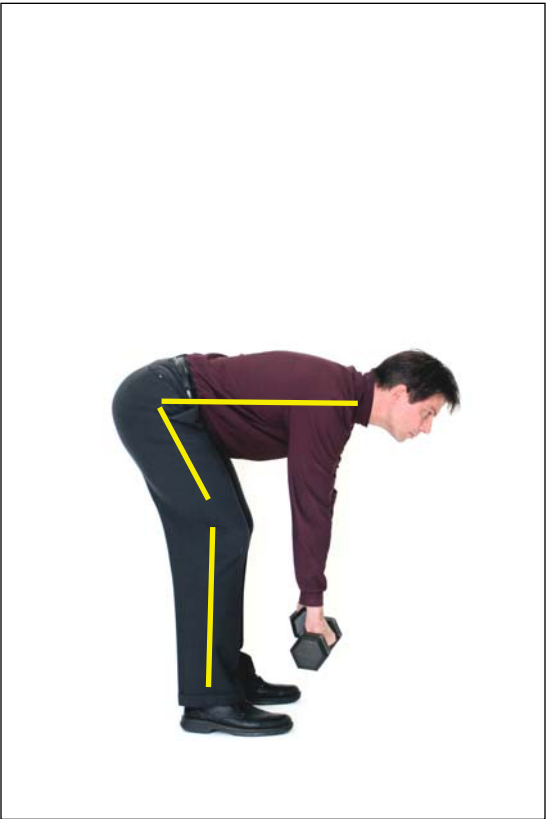
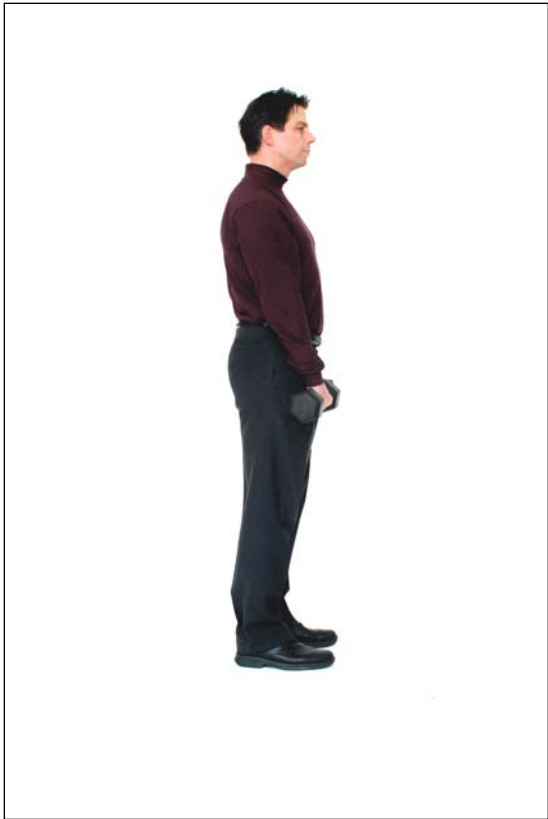
Strengthening and Warmup Exercises

Warm UP 1 Set of each -10 reps
Strengthening 3 Sets 10-15 reps



Strengthening and Warmup Exercises

Warm UP 1 Set of each -10 reps
Strengthening 3 Sets 10-15 reps



Warm UP 1 Set of each -10 reps
Strengthening 3 Sets 10-15

Strengthening and Warmup Exercises

