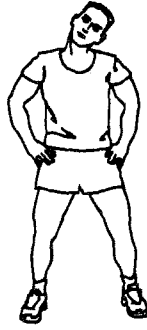
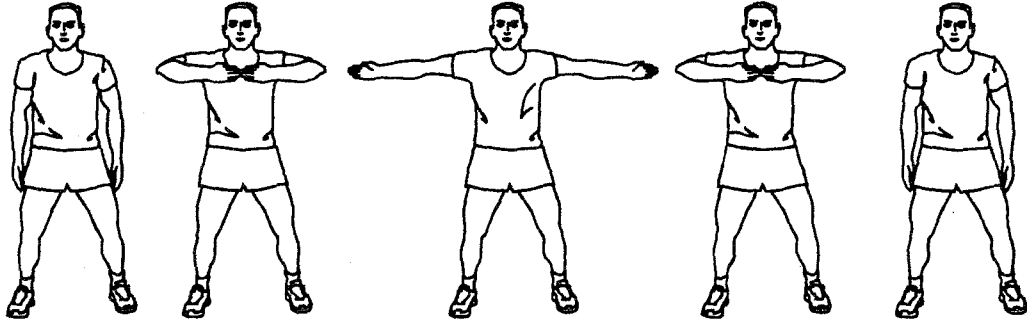


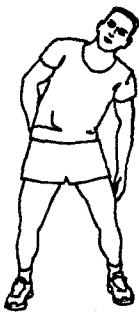
Warm-up / Cool-down Exercises



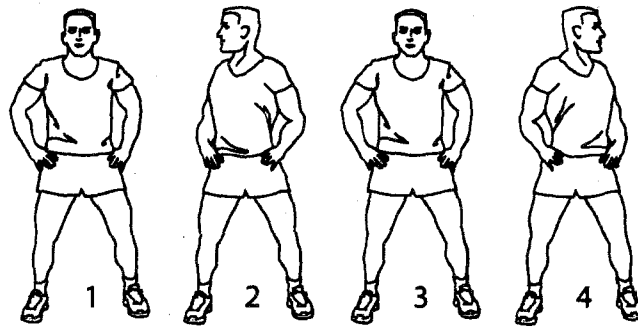
1. Head Tilt (side to side)



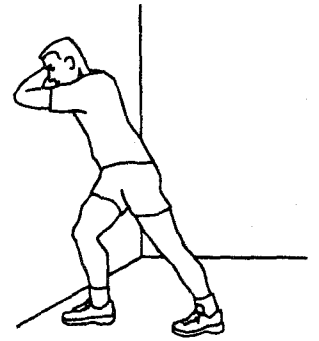
2. Arms



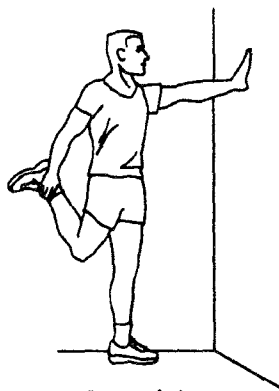
3. Side Bends



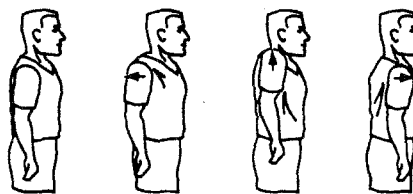
4. Twist



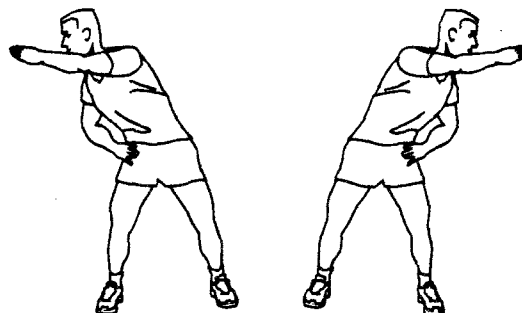
5. Calf Stretch
(hold 10 seconds)



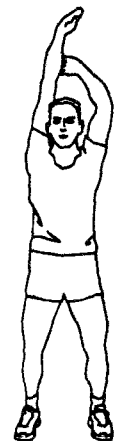
6. Quadriceps
(hold 10 seconds)



7. Shoulder Shrugs



9. Side Reach
(wide stance - reach arm across body)



8. Reach