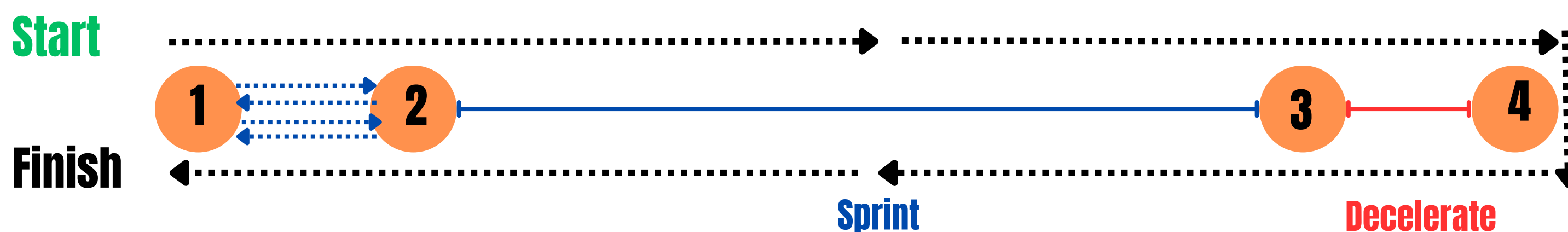
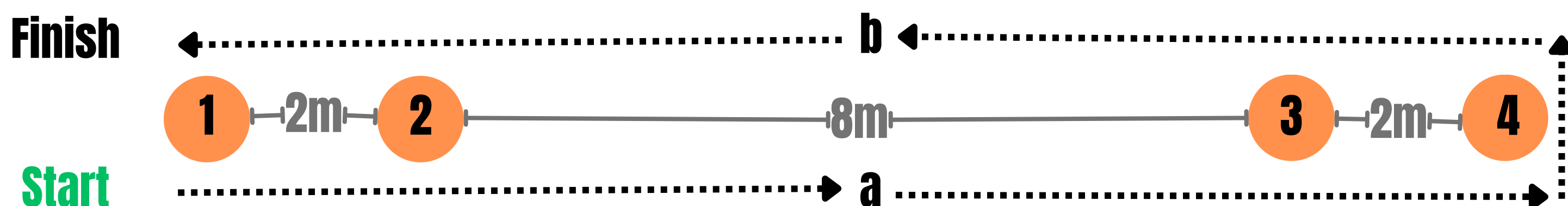


Warm Up Summary

Set-up



Sequence

1 a: Forward jog
b: Backward jog

2 a: Shuffle right
b: Shuffle left

3 a: Karaoke right
b: Karaoke left

4 a: Karaoke high knee right
b: Karaoke high knee left

5 a: Forward A-skip
b: Backward A-skip

6 a: Lateral A-skip right
b: Lateral A-skip left

7 a: Open gates
b: Close gates

8 a: Walking lunge
b: Lateral lunge

9 a: Broad jump
b: Skater Hops

10 Forward-backward to sprint

11 Shuffle to sprint (R+L)

12 Tuck jump to sprint

13 Single leg hops to sprint (R+L)

14 Half kneeling to sprint (R+L)