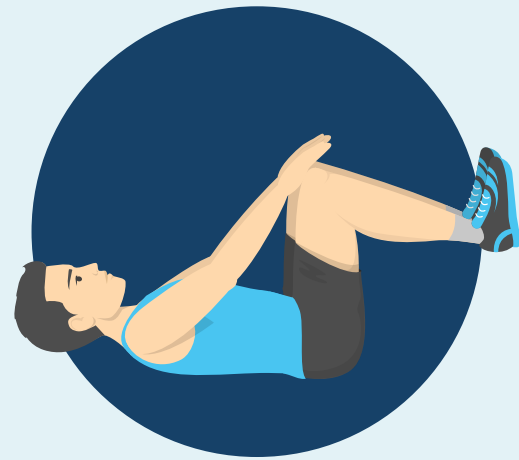


10-MINUTE WARM-UP ROUTINE



HIP FLEXOR RELEASE
(5 times)



KNEE TO CHEST
(5 times each leg)



TOUCH THE GROUND WHILE KEEPING YOUR LEGS STRAIGHT
(5 times)



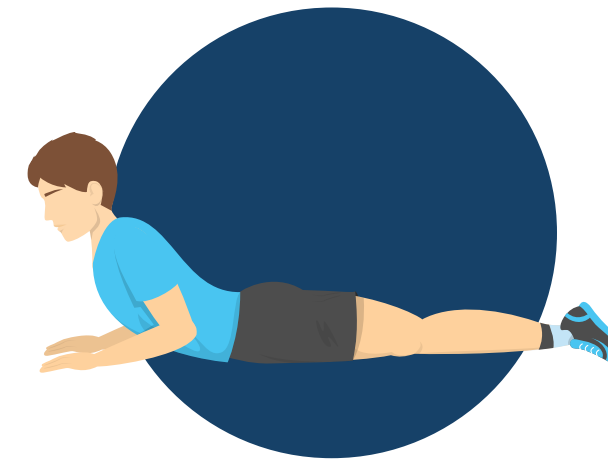
HIP ROTATION
(5 times)



HEEL TO GLUTES
(5 times each leg)



WASHING MACHINE
(5 times)



HAMSTRING RAISES
(5 times each leg)



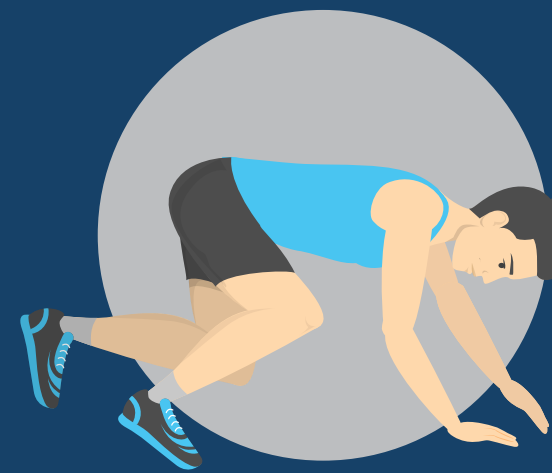
INNER THIGH SQUATS
(10 times)



FORWARD LUNGE
(5 times)

SIDE-WAYS LUNGE
(5 times)

REVERSE LUNGES
(5 times)



MOUNTAIN CLIMBER
(10 times)



CIRCLE THE KNEE
(5 times)



ANKLE CIRCLES
(5 times each leg)