

Appendix: Warm Ups

90/90 Wipers

Step 1



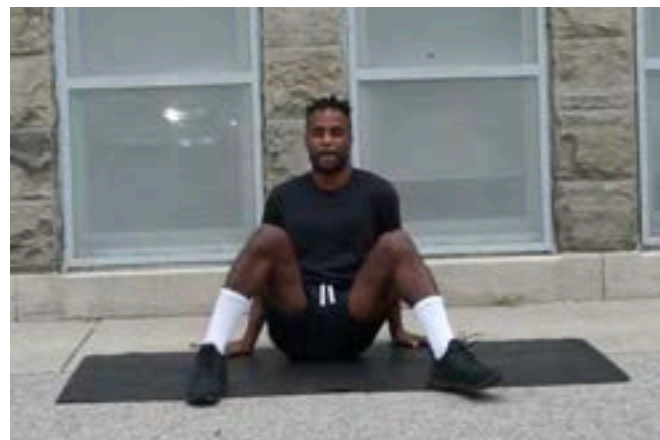
Step 1



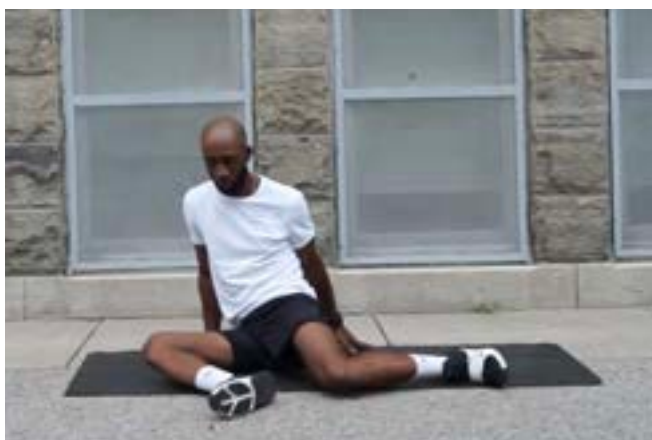
Step 2



Step 2



Step 3



Step 3



Appendix: Warm Ups

Bird Dog

Step 1



Step 1



Step 2



Step 2



Step 3



Step 3



Appendix: Warm Ups

Crab Reach

Step 1



Step 1



Step 2



Step 2



Step 3



Step 3



Step 4



Step 4



Appendix: Warm Ups

Inch Worm to Push Up

Step 1



Step 5



Step 2



Step 6



Step 3



Step 7



Step 4



Appendix: Warm Ups

Lunge to Sky Reach

Step 1



Step 1



Step 2



Step 2



Step 3



Step 3



Appendix: Warm Ups

Pike to Back Extension

Step 1



Step 1



Step 2



Step 2



Appendix: Warm Ups

Shoulder Circles

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8



Step 9



Step 10



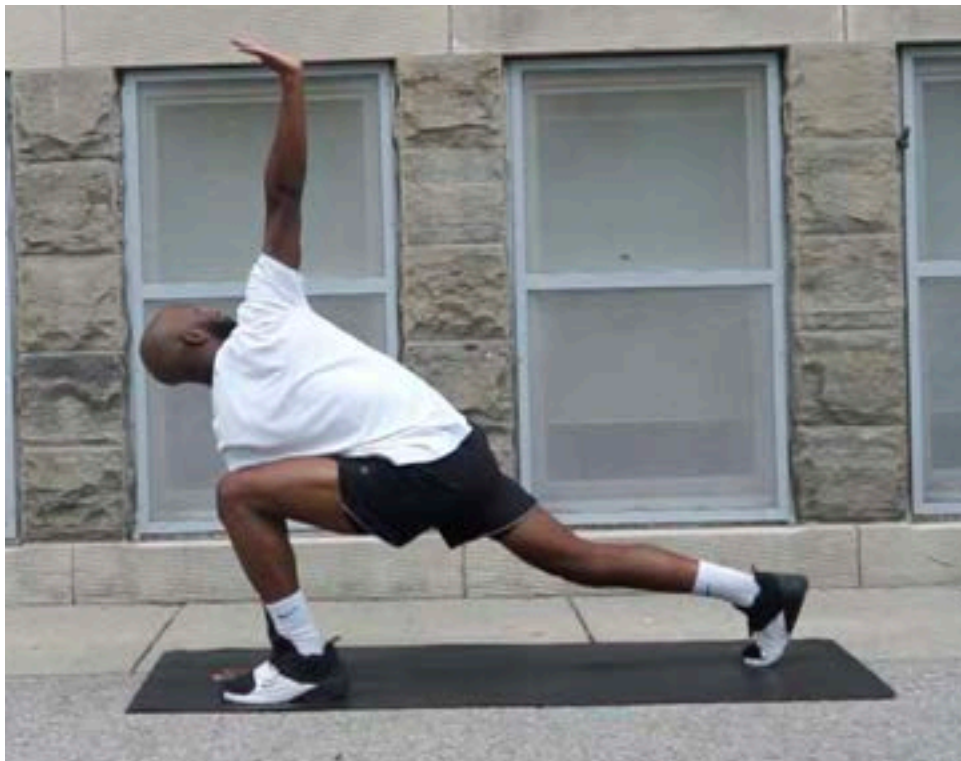
Appendix: Warm Ups

World's Greatest Stretch

Step 1



Step 2



Repeat step 1 and 2 with opposite leg