WARM-UP

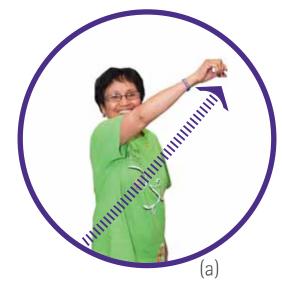
1 Begin marching on the spot for 1 minute.







- While continuing to march, change arms to sideto-side arm swings across the front of your body. Alternate left and right until you have completed 16 arm swings.
- 4 While continuing to march, change arms to upward reaching as if picking apples (a), 8 on each side, followed by 8 shoulder shrugs (b). Repeat 2 times each.







- **5** Change legs to front-back toe taps. Tap 8 times on the right, 8 on the left and repeat 2 times.
- **6** Go back to marching and perform 8 shoulder circles forward and 8 backwards.



7 Repeat the warm-up if required, or continue on to Strength and Endurance 1.

