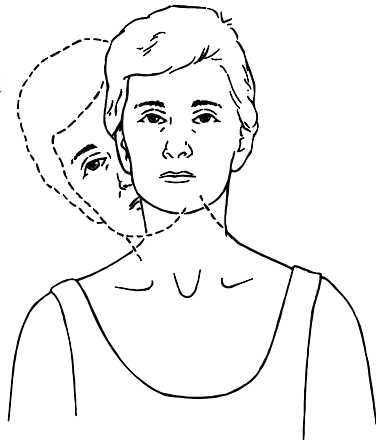


WARM-UP - 2 Neck Side-Bending

Begin with chin level, head centered over spine. Slowly lower one ear toward shoulder. Slowly return to starting position. Repeat to other side.



Repeat 10 times to each side.

WARM-UP - 1 Neck Flexion

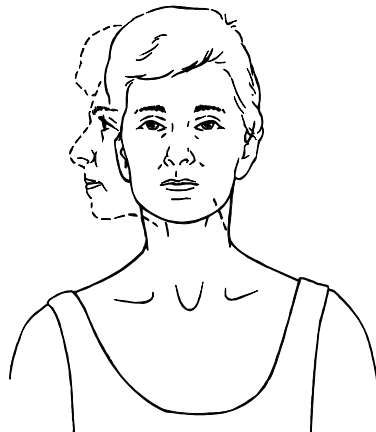
Begin with chin level, head centered over spine. Slowly lower chin toward chest. Slowly return to starting position.



Repeat 10 times.

WARM-UP - 3 Neck Rotation

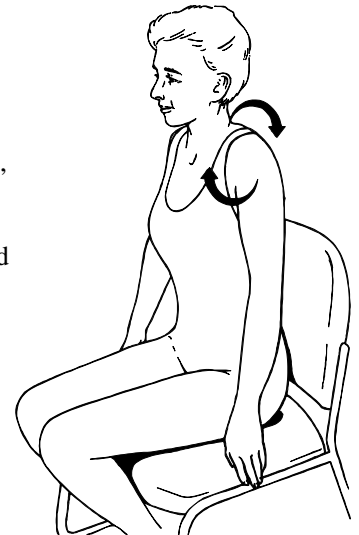
Begin with chin level, head centered over spine. Slowly turn head to look over shoulder, keeping head centered, shoulders and torso stationary. Slowly return to starting position. Repeat to other side.



Repeat 10 times to each side.

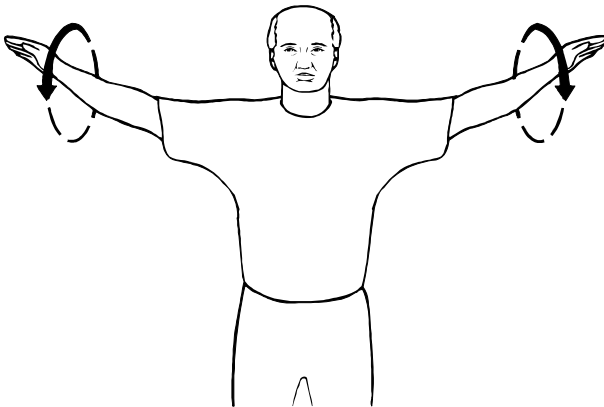
WARM-UP - 4 Shoulder Circle

Begin with shoulders relaxed, back straight, head centered over spine. Slowly circle shoulders up, back, down, and forward to starting position.



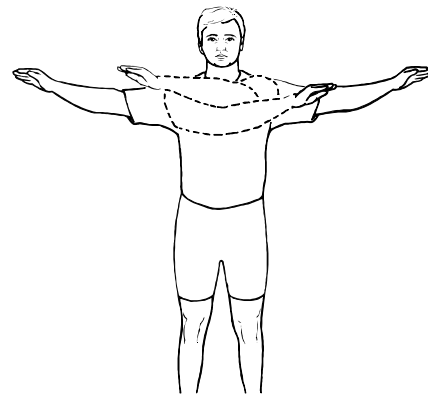
Repeat 10 times in a continuous motion.

WARM-UP - 6 Arm Circle (Small)



Sit or stand, with arms raised to shoulder height. Slowly make small circles with arms, backward 10 times, then forward 10 times.

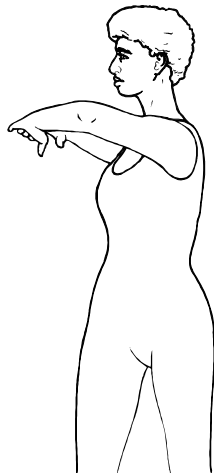
WARM-UP - 9 Arm Cross



Sit or stand, with arms straight out to sides, parallel to floor. Slowly cross arms in front. Slowly return to starting position. Repeat 10 times.

WARM-UP - 15 Trunk Rotation

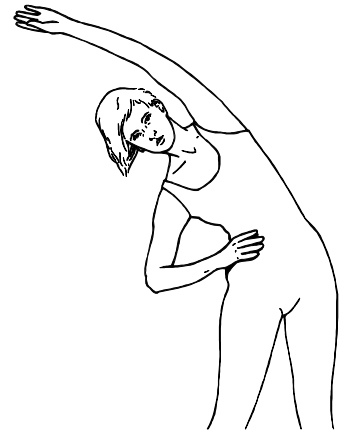
Stand with arms bent and parallel to floor, feet shoulder width apart. Twist trunk to one side. Slowly return to starting position. Twist to other side.



Repeat 10 times, each side.

WARM-UP - 14 Side Stretch

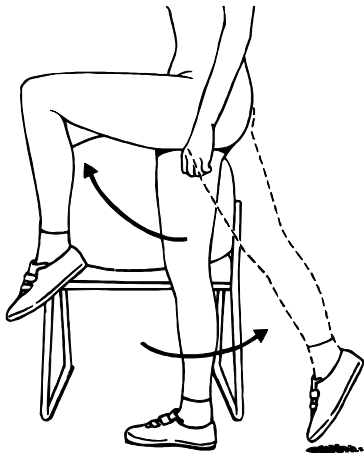
With feet shoulder width apart, hands on hips, inhale. Then exhale while bending directly to side, keeping top arm outstretched. Slowly return to starting position. Repeat to other side.



Repeat 10 times, each side.

WARM-UP - 16 Hip Flexion / Extension

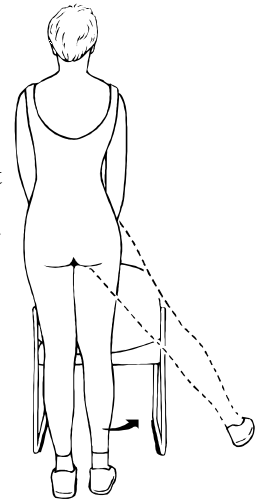
Stand with support and raise leg to 90° bend. Then extend leg back just off floor, keeping it straight. Slowly return to starting position.



Repeat 10 times each leg.

WARM-UP - 18 Side Leg Raise (Standing)

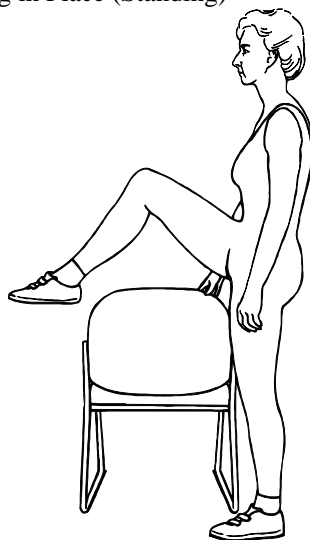
Stand with support and extend leg out to side. Keep leg straight and lead with heel. Keep torso straight. Slowly return to starting position.



Repeat 10 times, each leg.

WARM-UP - 21 High Stepping in Place (Standing)

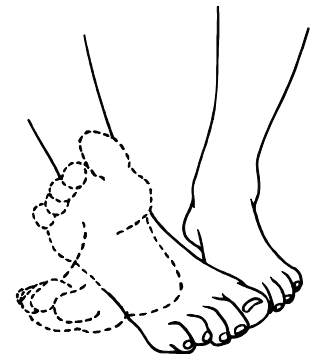
Stand with support and feet together. Alternately lift knees as high as possible. Keep torso straight up.



Repeat 10 times, each leg.

WARM-UP - 23 Ankle Rotation

Sitting with one foot off floor, rotate that foot about the ankle in a circular motion.



Repeat 10 times in both directions. Rotate other ankle 10 times in both directions.