

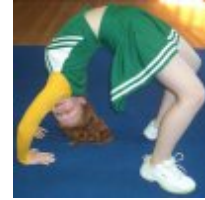
Warm Up Exercises:

- 1) Jog
- 2) Do neck rolls and nods, side and wrist and arm stretches.
- 3) Bend at the waist and hang down to the floor. Stretch your upper back and shoulders.
- 4) Push ups.
- 5) Leg stretches as shown below.



- 6) Back and stomach stretches. Sit ups.





- 7) Jumps
  - a. Front hurdle
  - b. Side hurdle
  - c. Pike
  - d. Toe touch
  - e. Double nine
- 8) Arm motions
- 9) Facials
- 10) Voice