

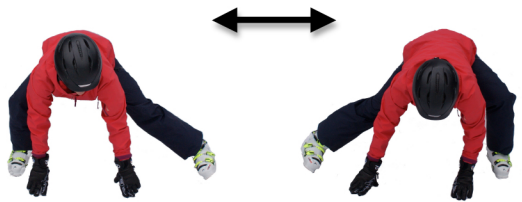
PRE SNOW WARMUP

Get yourself prepared for the day and minimize your risk of injury with this quick warm up series. **EACH ACTIVITY & SIDE 10 REPITIONS.**

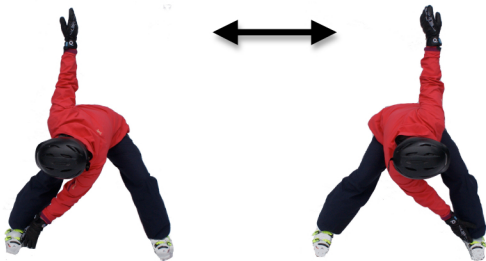
1. LUNGE TO STRAIGHT LEG BOW



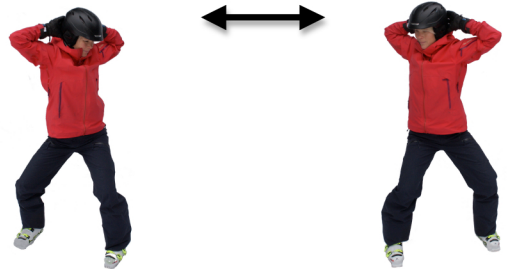
2. LATERAL LUNGES



3. BENT OVER TWISTIES



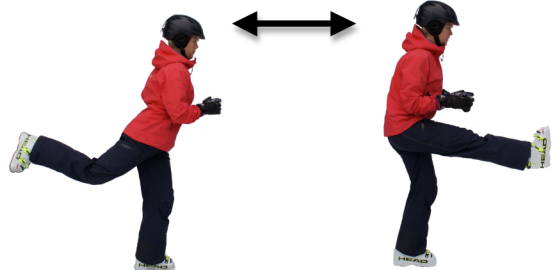
4. STANDING TWISTIES



5. SIDE LEG SWINGS



6. FRONT LEG SWINGS



7. HIP HINGES



8. REBOUND JUMPS

