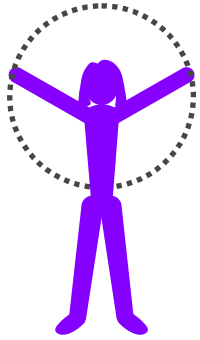


Warm up routine



x5
INWARDS &
OUTWARDS



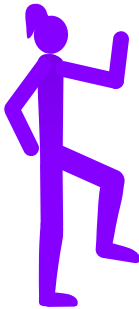
x20



x10



x20



30 SECONDS



x20

Exercise instructions at myfitnessplanner.co.uk/warm-up-routine

