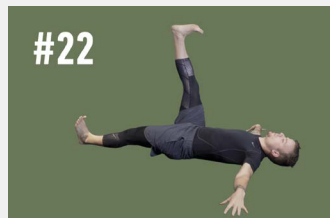
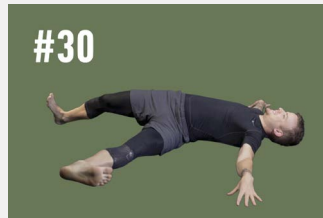


PRE GAME WORKOUT



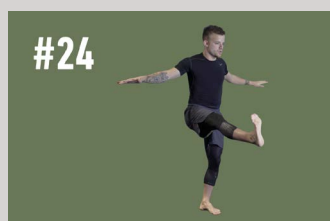
1. DYNAMIC L

📏 3 REP



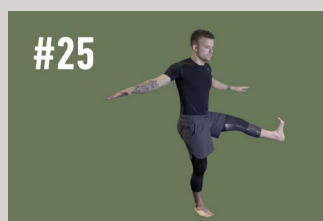
2. ACTIVE LEG LOWERING

📏 3 REP



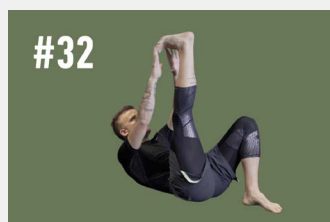
3. LYING FRONTAL SHORT KICKS

📏 6 REP



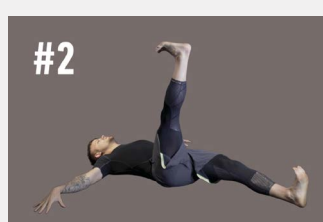
4. LYING DIAGONAL SHORT KICKS

📏 4 REP



5. DYNAMIC SIT UP WITH LEG REACH

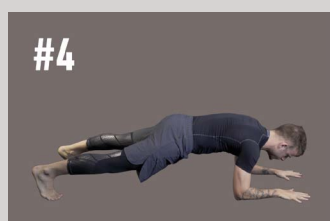
📏 6 REP



6. VERTICAL STRETCH

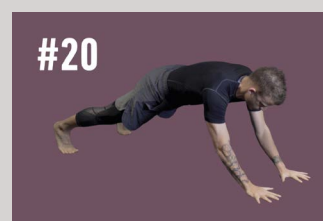
🕒 30 SEC

2 ROUNDS (REPEAT EXERCISE 1. - 6.)



7. ELBOW PLANK

🕒 20 SEC



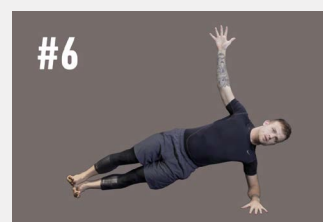
8. PLANK PUSH-UPS

📏 4 REP



9. SIDE PLANK WITH LEG RAISES

📏 3 REP



10. SIDE PLANK

🕒 10 SEC

REST 1 MINUTE