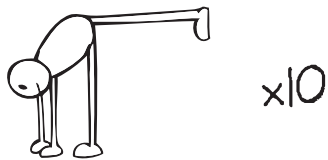
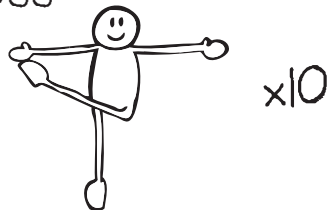


STANDARD WARM-UP ROUTINE

1. WALKING DEAD LIFTS



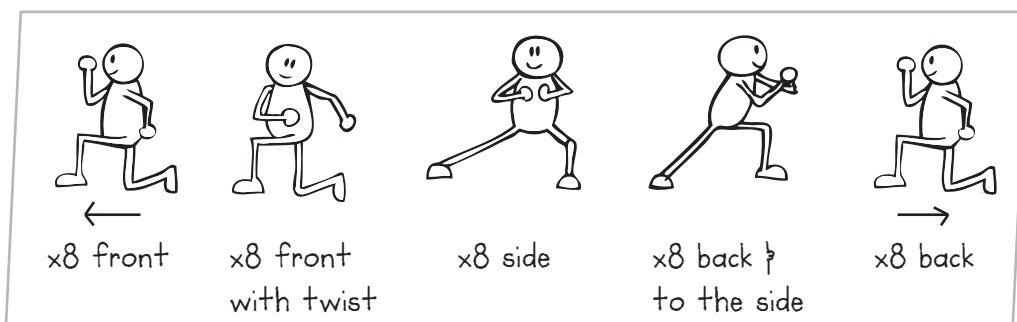
5. IRON CROSS



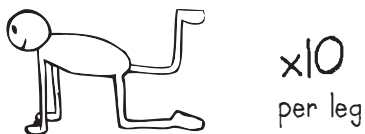
2. GROINERS



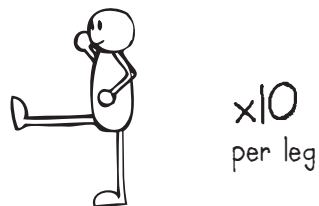
6. LUNGE MATRIX



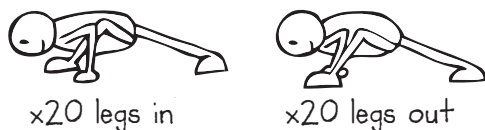
3. DONKEY KICKS



7. FRONT LEG SWINGS



4. MOUNTAIN CLIMBERS



8. SIDE LEG SWINGS

