

COACH D'S FITNESS WARM-UP CARDS

(FLEXIBILITY)

Slow, Swimming

Arm Circles

COACH D'S FITNESS WARM-UP CARDS

(MUSCULAR ENDURANCE)

Perfect

PLANK

Position

COACH D'S FITNESS WARM-UP CARDS

(AEROBIC CAPACITY)

Arms in Front

Mummy Jacks

COACH D'S FITNESS WARM-UP CARDS

(FLEXIBILITY)

Mountain Pose

COACH D'S FITNESS WARM-UP CARDS

(MUSCULAR STRENGTH)

Super Slow Motion

PUSH-UPS

COACH D'S FITNESS WARM-UP CARDS

(AEROBIC CAPACITY)

Perfect Alignment

Jumping Jacks