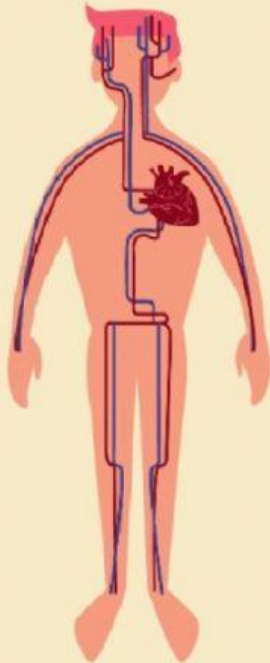


WARM UP

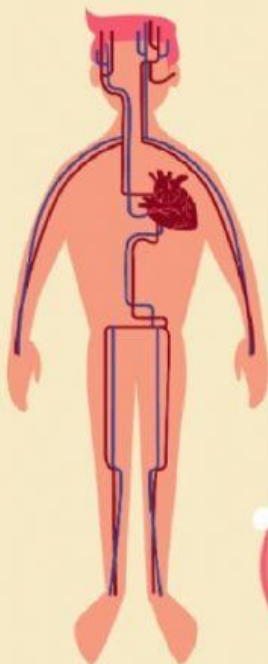
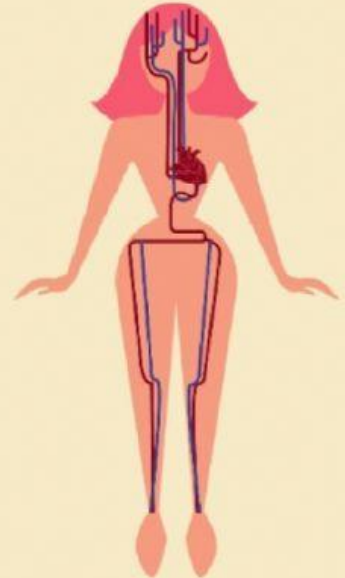
1. FILL THE GAPS WITH THE RIGHT ANSWER



WARMING UP

_____ WE PLAY SPORTS OR DO EXERCISE, WE NEED A _____ ROUTINE.

A GOOD WARM-UP EXERCISE CAN CONSIST OF A _____
ROUTINE AND ALMOST ANY LIGHT TO MODERATE _____ ACTIVITY



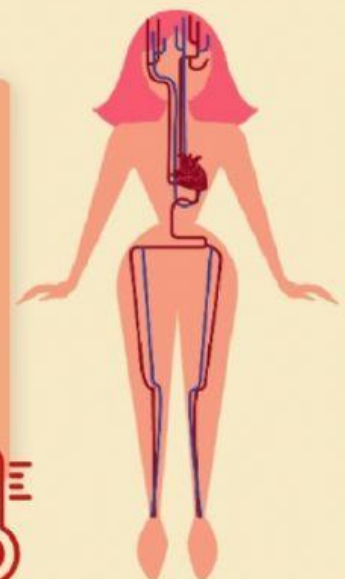
WARMING UP

BENEFITS

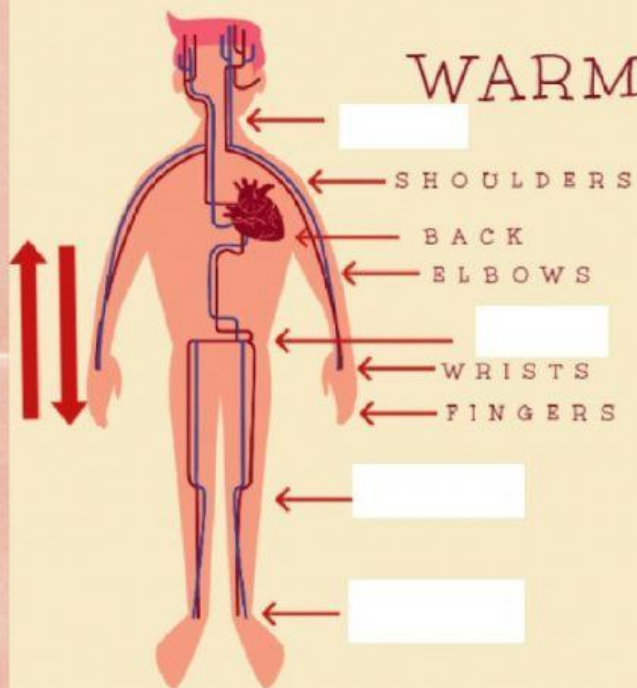
- _____ PREVENTION
- IMPROVED PERFORMANCE.

WHY?

THANKS TO INCREASED _____ FLOW TO THE MUSCLES, AS WELL AS IMPROVED RANGE OF MOTION AND BODY _____ CONTROL.



WARMING UP



MOBILITY

MOVE YOUR JOINT FROM THE [] TO THE TOP OR FROM THE TOP TO THE BOTTOM.

DON'T FORGET ANY OF THEM!

