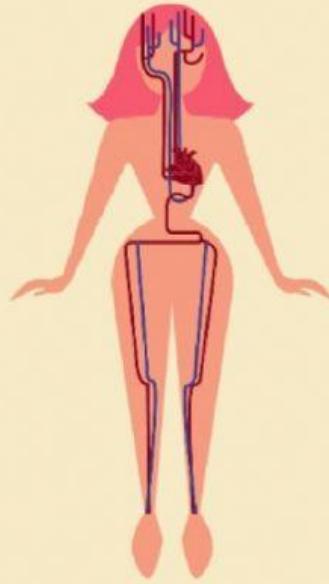
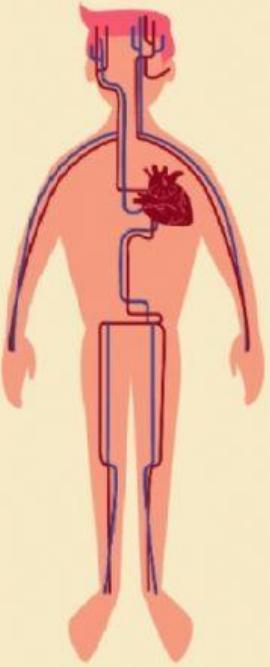


WARM UP

1. FILL THE GAPS WITH THE RIGHT ANSWER

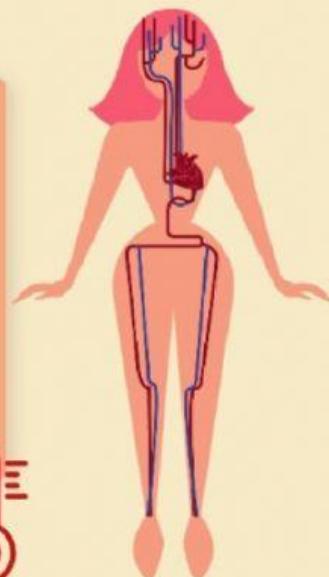
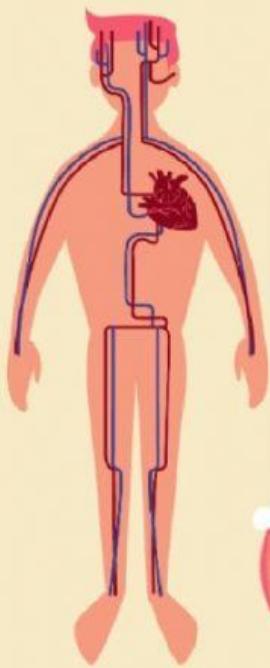
WARMING UP



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



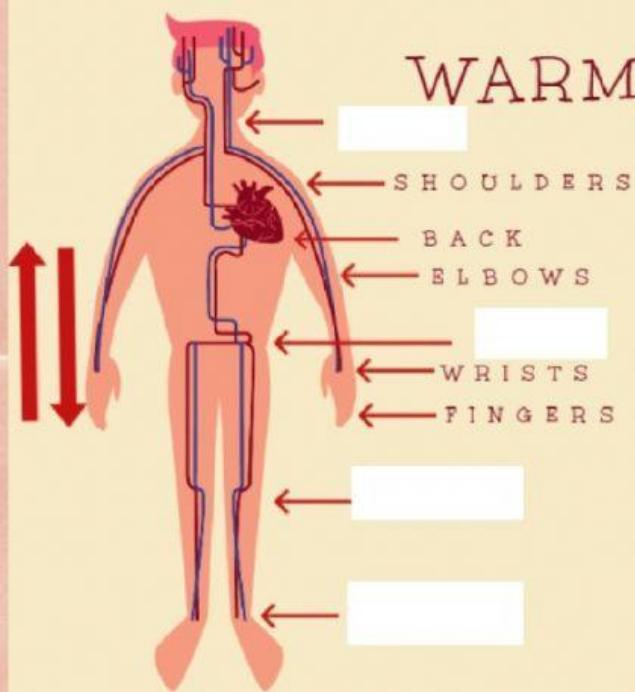
BENEFITS

- 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
TOP TO THE BOTTOM OR FROM THE
TOP OR FROM THE BOTTOM TO THE
TOP.

DON'T FORGET ANY OF THEM!

