

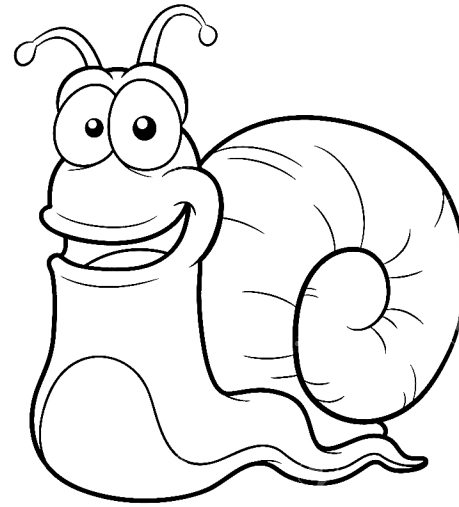
Five S's for Warm Ups

1)



Safety

2)



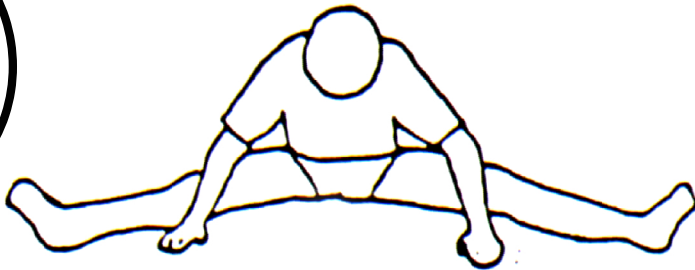
Slowness

3)



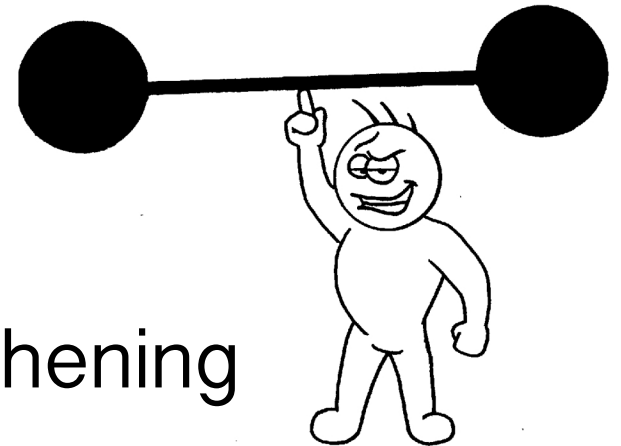
Self Awareness

4)



Stretching

5)



Strengthening

NAME: _____ DATE: _____