

## Strength Session Warm-up

3-5 minute jog

Heel Taps - 10 forward and 10  
sideways repetitions on each leg  
Lying Clams - 20-40 repetitions each side  
Lying Shoulder Press - 20-30 repetitions  
or Modified version  
Lunge Rotations - 10 repetitions (5 each side)



Complete 2 rounds  
of this circuit



Heel Taps



Lying Clams



Lying Shoulder Press



Lunge Rotations



**OPPORTUNITY FITNESS**