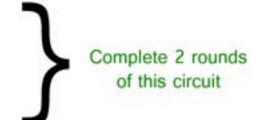
## Strength Session Warm-up

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)





**Heel Taps** 



Lying Clams



Lying Shoulder Press



**Lunge Rotations** 



## **OPPORTUNITY FITNESS**