

**EXERCISES** *ready, stretch, play*

Doing these warmup exercises will help get your muscles ready for play. As with all exercising, however, do them to the level of you ability and **stop if you feel any pain.**

**EXERCISE 1**



10 seconds  
each arm

**EXERCISE 2**



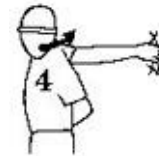
10 seconds  
each side

**EXERCISE 3**



10 seconds

**EXERCISE 4**



15 seconds  
each side

**EXERCISE 5**



25 seconds  
each leg

**EXERCISE 6**



10 seconds  
each leg

**EXERCISE 7**



20 seconds  
each leg

**EXERCISE 8**



30 seconds

**EXERCISE 9**



22 seconds  
each leg

**EXERCISE 10**



10 seconds  
each side

**EXERCISE 11**



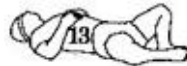
15 times  
each direction

**EXERCISE 12**



20 seconds  
each leg

**EXERCISE 13**



30 seconds

**EXERCISE 14**



5 seconds  
3 reps

**EXERCISE 15**



20 seconds  
each side

**EXERCISE 16**



20 seconds  
each leg

**EXERCISE 17**



15 seconds  
each arm

**EXERCISE 18**



20 seconds

**EXERCISE 19**



15 seconds

**EXERCISE 20**



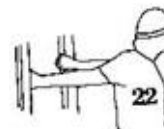
30 seconds

**EXERCISE 21**



15 seconds  
each leg

**EXERCISE 22**



20 seconds