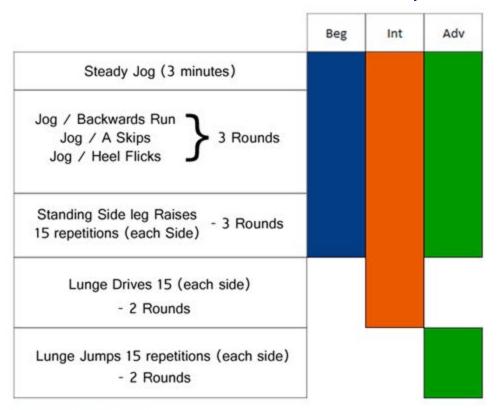
Interval Session Warm up





A skips



Heel Flicks



Standing Lateral Leg Raise



Lunge Drives/Jumps



OPPORTUNITY FITNESS