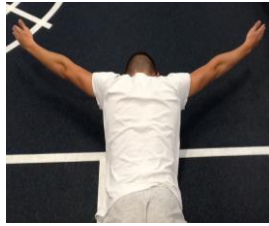


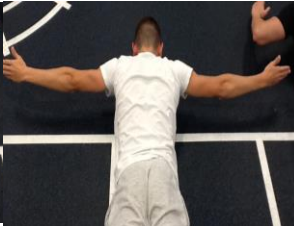


Pre - Pool (x2 set) & Competition Warm Up (x 3 sets)

Y's x 15



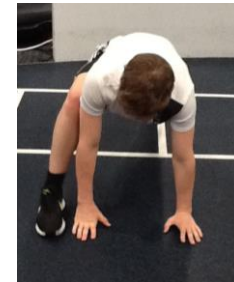
T's x 15



W's x 15



Spiderman w/ rotation x 5



Single leg Glute Bridge x 10 each leg



Side Plank / Plank / Side Plank x 20s of each



Squats x 10

Calf raise x 10 each leg



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