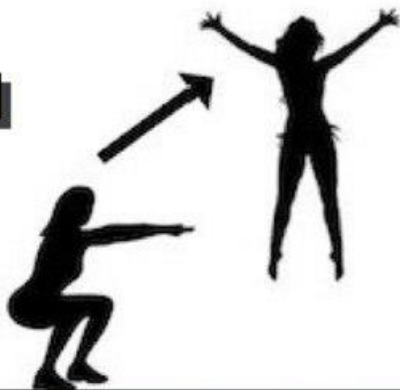


Warm-up with GWEN

@TEACHER_MISTER_ALONSO



#1



10 squat jumps

#2



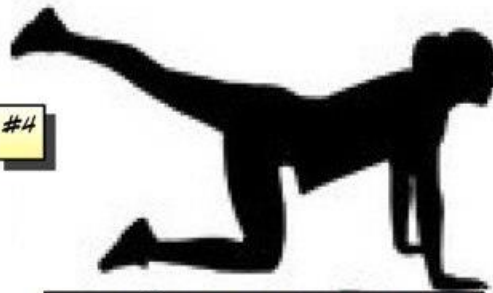
30" elbow plank

#3



10 knee kicks

#4



10 back kicks

IS
THAT ALL?
DO IT AGAIN
ONE
MORE TIME
FOLK!

#5



30" bend

#6



10" side stretch



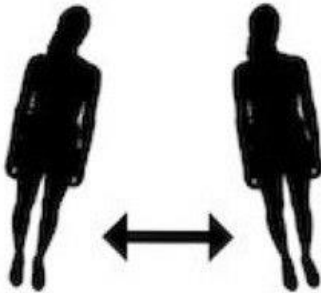


WARM-UP WITH

CAPTAIN UNDERPANTS

@TEACHER.MISTER.ALONSO

#1



20 side jumps

#2



30" mountain climb

#3



10 leg sit ups

#4



15" stretching

IF
YOU TRULY
FEEL YOUR
UNDERPANTS
POWER, DO IT
AGAIN!

#5



15" neck rotation

#6



10" side stretch

