

WARM-UP WORKOUT

 @themotionathlete

JUMPING JACKS

30 SECONDS



SCAPULA ROTATIONS

10 REPS



ARM CROSS SWING

15 REPS



WRIST CIRCLES

20 REPS



5 MINUTES



LEG SWINGS SIDES TO SIDE

10 REPS



LEG SWINGS FORWARD & BACK

10 REPS



SHOULDER DISLOCATES

10 REPS



HIP ROLLS

10 REPS

Clabical Workout

Huangqi Zhang



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