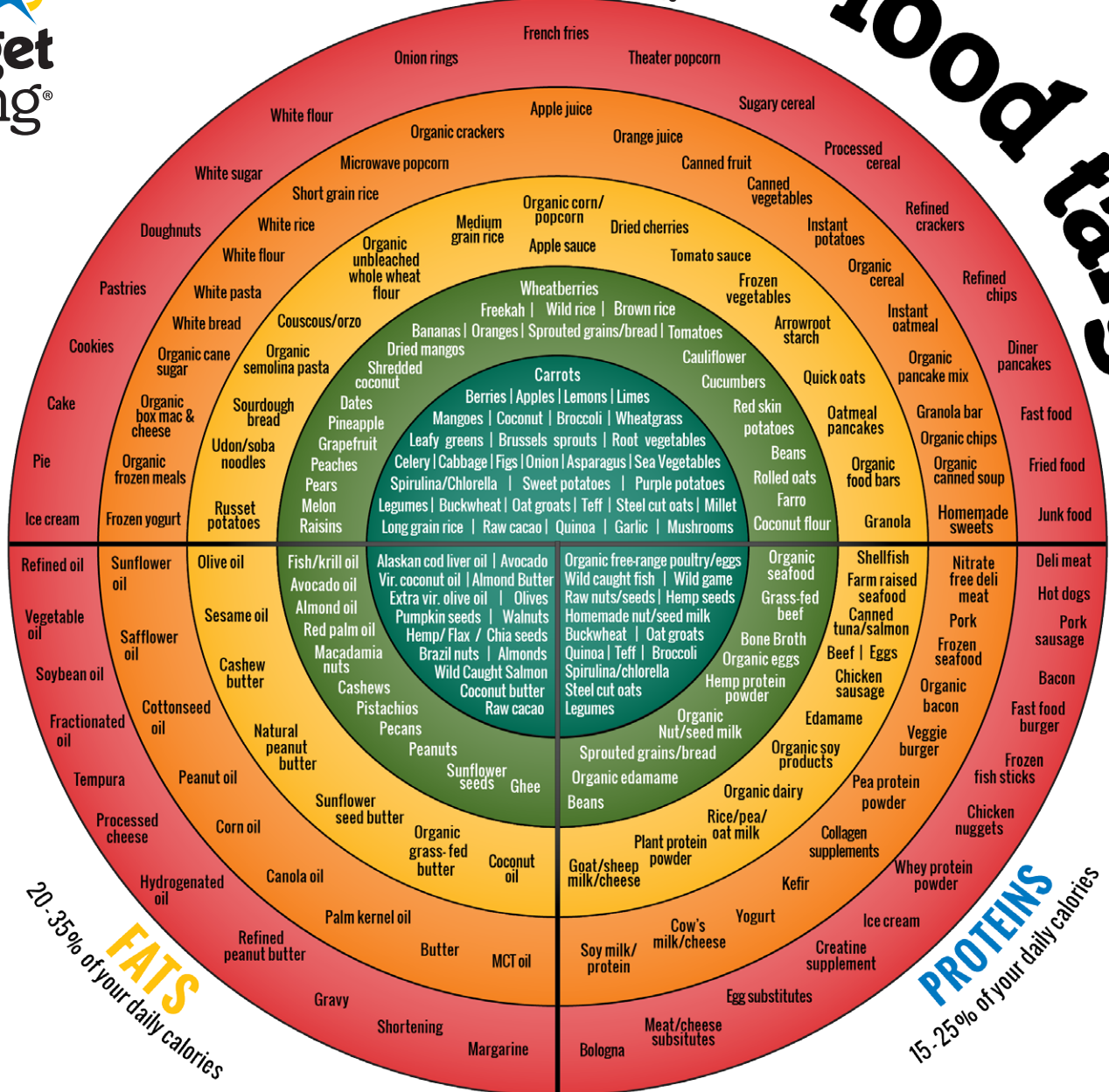


CARBOHYDRATES

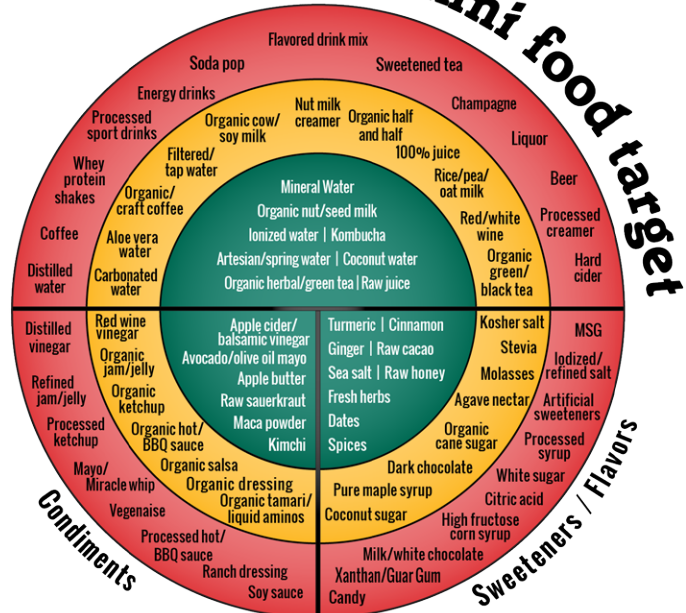
45-65% of your daily calories

Food target



Beverages

mini food target



- Best
- Better
- Good
- Fair
- Poor

DYNAMIC WARM-UP



1. Arm Swings

2. Neck Stretch (Rotation)



3. Neck Stretch (Side to Side)



4. Flexion/Extension



5. Side Bend

6. Trunk Twists



7. Front Leg Swings



8. Side Leg Swings



FOUNDATION EXERCISES



1. Squat



2. Straight-Leg Lunge



3. Warrior 3



4. Half Moon



5. Warrior 1



6. Warrior 2



7. Reverse Warrior



8. Extended Angle



9. Spread Eagle



10. Dancer



11. Standing Downward Dog



12. Standing Upward Dog