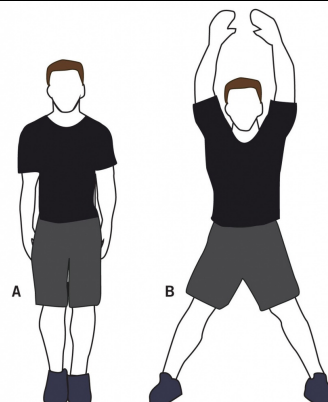


FREEZE WARM-UP

For the warm-up, you will be performing **THREE** fitness exercises. Each exercise has been explained using critical elements and visuals to assist you. **NO** equipment necessary for any warm-ups.

Jumping Jacks

1. Start in an athletic stance with feet shoulder width apart and arms slightly out to the side.
2. Jump in the air while spreading legs out before landing.
3. At the same time, raise both arms up from your side while keeping arms straight.
4. Jump in the air again to bring legs and arms back to the starting athletic stance.



WATCH VIDEO EXAMPLE: [CLICK HERE](#)

High Knees/Running in Place

1. Stand with your feet hip-width apart.
2. Lift up your left knee to your chest.
3. Switch to lift your right knee to your chest.
4. Continue the movement, alternating legs and moving at a sprinting or running pace.



WATCH VIDEO EXAMPLE: [CLICK HERE](#)

Jump to the Sky

1. Stand with feet slightly wider than your shoulder width. Both feet pointing forward.
2. Bend your knees to a 90-degree angle and perform a squat.
3. Keep chest upright, with your chin up and head facing forward.
4. Explode through your legs and jump straight up into the air.
5. Bend your knees on the landing to absorb impact.
6. Reset to starting position and repeat movement.



WATCH VIDEO EXAMPLE: [CLICK HERE](#)