





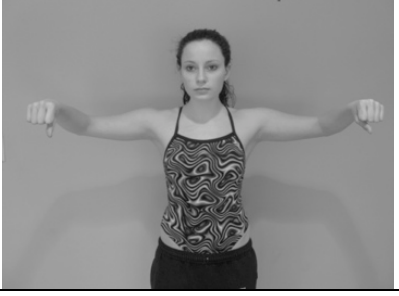

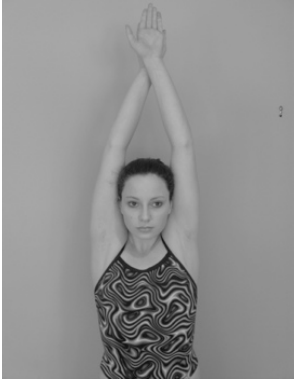



On-Deck Shoulder Dynamic Warm-Up

Complete 2 sets of 15 for each activity

#1		
	Start	Finish
#2		
	Start	Finish
#3		
	Start	Finish
#4		
	Start	Finish
#5		
	Start	Finish