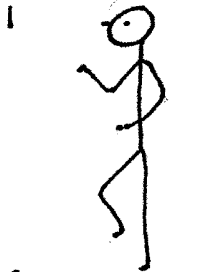
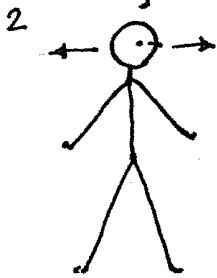


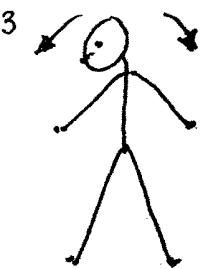
WARM UP EXERCISES



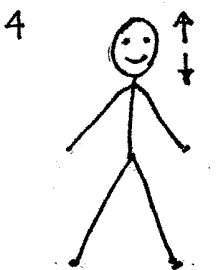
Walking on the spot moving arms to warm up.
Repeat 12 times



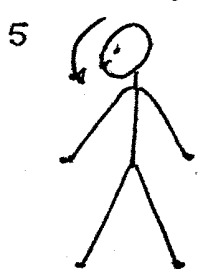
Slowly move head from side to side.
Repeat 12 times



Slowly tilt head from side to side.
Repeat 12 times



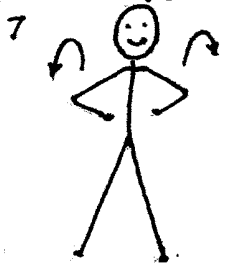
Slowly move head up and down
Repeat 12 times



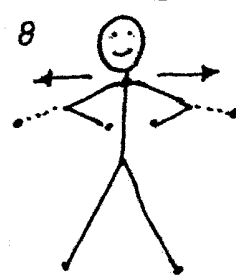
Slowly roll head in both directions.
Repeat 6 times



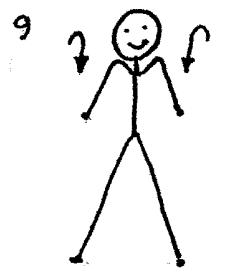
Slowly rotate shoulders up and backwards.
Repeat 12 times



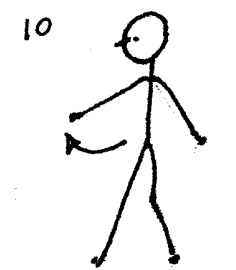
Slowly rotate elbows in circles backwards.
Repeat 12 times.



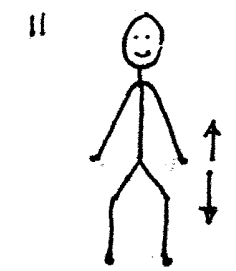
Hands at chest then extend outwards to sides.
Repeat 12 times



Slowly rotate shoulders up and forwards.
Repeat 12 times



Swing body round from side to side keeping knees slightly bent on rotation.
Repeat 12 times



Knee bends slowly up and down.
Repeat 12 times

THESE EXERCISES CAN ALSO BE USED AS COOL DOWN EXERCISES AT THE END OF A SHOOTING SESSION. PERFORM THEM VERY SLOWLY.