

**"Warming up" (Basic warm up & Stretching)**

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Certified: Yes

Warm up (Time Period 1 Description)

Mon, Tue, Wed, Thu, Fri

Bike

**Cardio Duration**



Warm Up: 5-10 min.

Back Flexion

**Stretching**



Set(s): 1  
Hold For: 20 sec.

Chest / Shoulder Stretch

**Stretching**



Set(s): 1  
Hold For: 20 sec.

Calf Stretch (Gastrocnemius)

**Stretching**



Set(s): 1  
Hold For: 20 sec.

Quadriceps / Hip Flexor Stretch

**Stretching**



Set(s): 1  
Hold For: 20 sec.

Triceps / Shoulder Stretch

**Stretching**



Set(s): 2  
Hold For: 20 sec.

Triceps / Shoulder Stretch (Across Body)

**Stretching**

Hamstring Stretch (Sitting)

**Stretching**



Set(s): 1  
Hold For: 20 sec.



Set(s): 1  
Hold For: 20 sec.

### Seated Piriformis Stretch

#### Stretching



Set(s): 1  
Hold For: 20 sec.