

- 60 sec running on spot
- 15 Hand to foot (each side)
- 20 sec windmills forward
- 20 sec windmills backward
- 20 sec shoulder circles forward
- 20 sec shoulder circles backward
- 20 sec arm rotator (T form)
- 60 sec wrist circles
- 30 sec forearm rotator out
- 30 sec forearm rotator in
- 20 Walking lunges