

Top Two Warm-Up Routines

with ANIKA NILLES

1)

R R R R L L L L R L R L R L R L R L R L R R L L

L L L L R R R R L R L R L R L R L R L L

2)

R R R R L L L L R L R L R L R L R L R L R L R L R L R L R L R L R L

L L L L L L R R R R L R L R L R L R L R L R L R L L