PLANNING TEMPLATE FOR THE WARM UP

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| **Choreography (counts / reps)** | **Move/exercise**What does it do? M=mobility / PR = pulse raise / SS = static stretch / DS = dynamic stretch / HP – holding pattern. Say what joint you are mobilising – state what muscles you are stretching. If static stretch say how long you will hold. | **Teaching points** | **Options**Progressions (H = harder)Regressions (E = easier)Alternatives /modifications |
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