



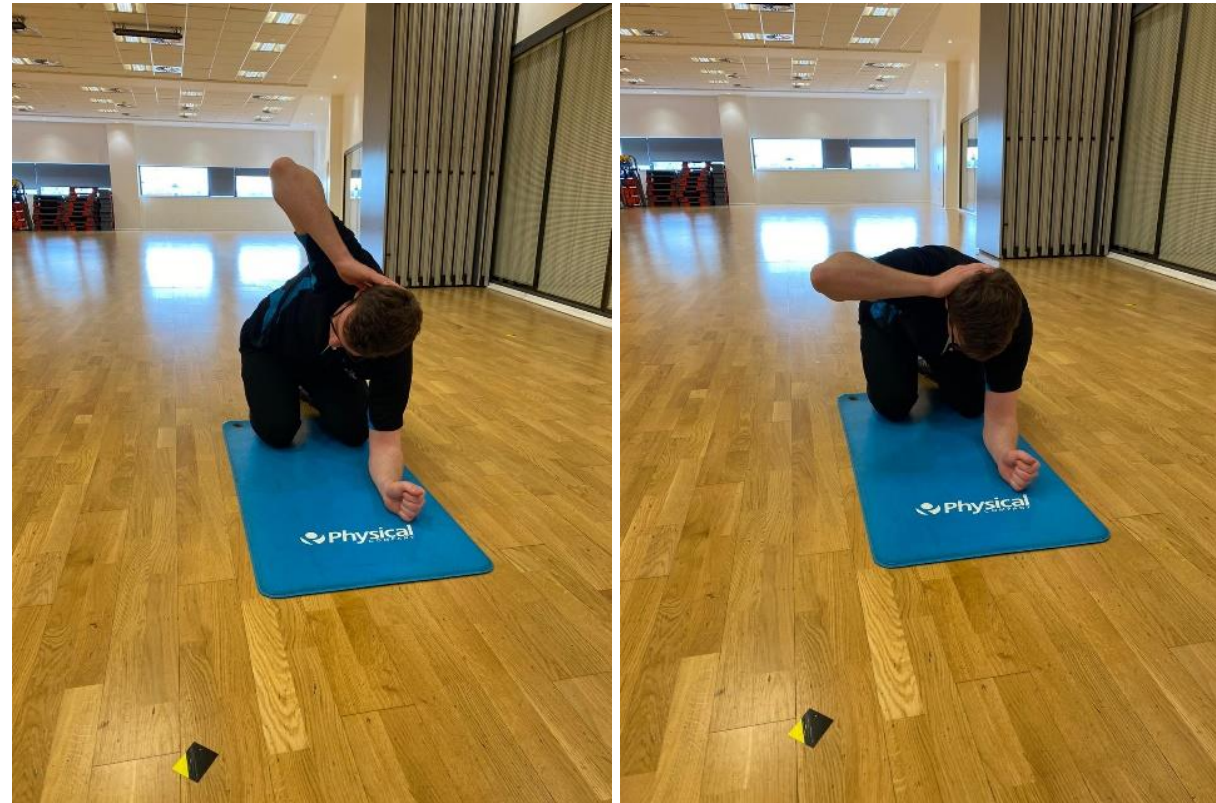
## JP2 Pre-Pool

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
Star Jumps	4	30 Seconds	15 Seconds
Arm Openers	2 per side	10	NA
Thoracic Rotation	2 per side	10	NA
Squats	4	10	15 Seconds

**Arm Openers**



**Thoracic Rotation**





## JP2 Post-Pool

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest</b>
Calf Stretch	3 per side	30 Seconds	NA
Chest Stretch	3 per side	30 Seconds	NA
Hip Abductor Stretch	3	30 Seconds	NA

**Calf Stretch**



**Chest Stretch**



**Hip Abductor Stretch**

