

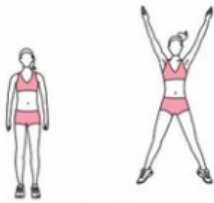


GotGame

RUGBY WARM UP EXERCISES

Complete each exercise for 20 seconds

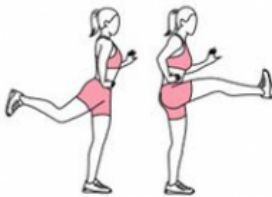
Jumping Jacks



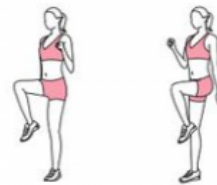
Walking lunge with trunk rotation



Leg swings



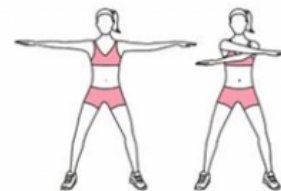
High knees



Heel to buttocks



Arm Swings



Ankle hops



Squats





GotGame

RUGBY STRETCHING EXERCISES

Hold each stretch for 20 seconds

