



GotGame

CRICKET WARM UP EXERCISES

DO OR HOLD each exercise/stretch for 20 seconds. Tick off when completed

Warm Up Exercises

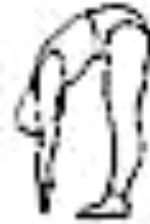
Head Rolls



Body Twists



Standing Toe Touches



Sit Ups



Sitting Leg Reaches



Spot Jogging

