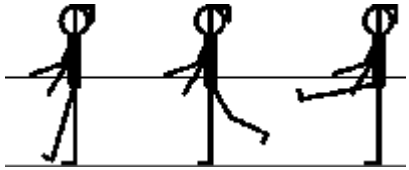
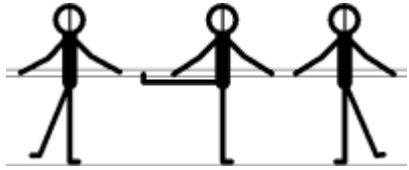
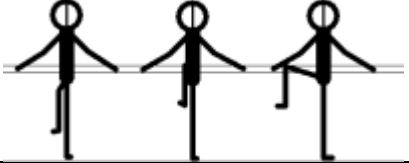

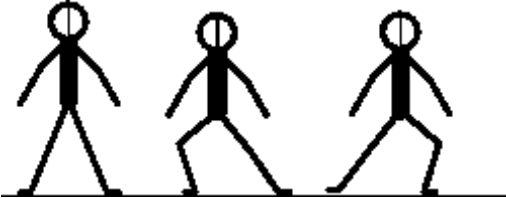

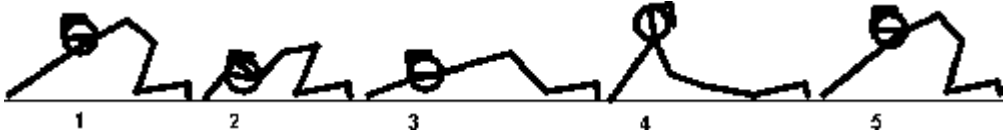

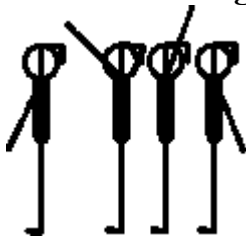


FENCING WARM-UP

DYNAMIC STRETCHING

<p>1. Forward back leg swing</p> 	<p>2. Side to Side Leg Swing</p> 
<p>3. Hurdle Knee Lift</p> 	<p>4. Calf Raises</p> 
<p>5. Thigh Adductors</p> 	<p>6. Lunge Squats / Lunge Walks Recovery forward and backwards</p> 
<p>7. Extending Back Arch</p> 	
<p>8. Arm Swing With Body Rotation Waist, shoulder and head heights</p> 	<p>9. Arm Circling</p> 
<p>Warm-Up: Begin with gentle Aerobic Exercise then Dynamic Stretching followed by Fencing Skills warm-up exercises.</p> <p>Cool-Down: Start with light Aerobic Exercise, then Static Stretching followed by Recovery practices.</p>	

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