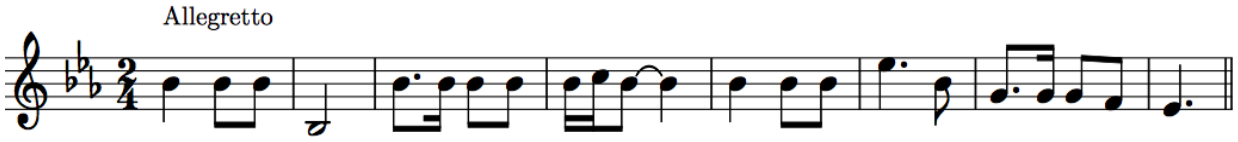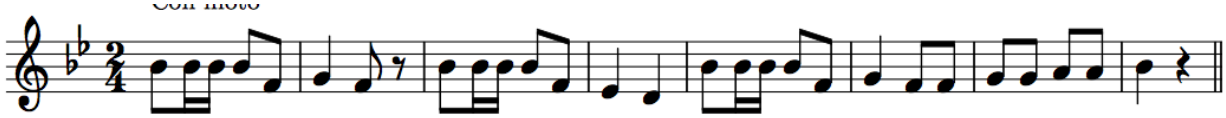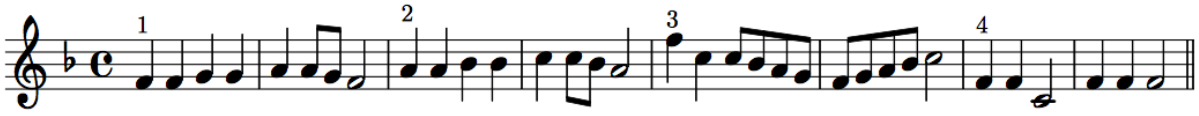WARM UP EXERCISES FOR 10/10/17S