Dryland warm up

5 - Recording

Tick when you've completed 5 reps of at least 4 activities on each area				
Week 1				
	Monday 30th	**Wednesday 1st**	**Friday 3rd**	**Sunday 5th**
1 – Raise				
2 – Mobilise				
3 – Activate				
4 – Prime				
Week 2				
	Monday 6th	**Wednesday 8th**	**Friday 10th**	**Sunday 12th**
1 – Raise				
2 – Mobilise				
3 – Activate				
4 – Prime				

Tick when you've completed 5 reps of at least 4 activities on each area				
Week 3				
	Monday 13th	**Wednesday 15th**	**Friday 17th**	**Sunday 19th**
1 – Raise				
2 – Mobilise				
3 – Activate				
4 – Prime				
Week 4				
	Monday 20th	**Wednesday 22nd**	**Friday 24th**	**Sunday 26th**
1 – Raise				
2 – Mobilise				
3 – Activate				
4 – Prime				
Week 5				
	Monday 27th	**Wednesday 29th**		
1 – Raise				
2 – Mobilise				
3 – Activate				
4 – Prime				