

Mobility Exercises <https://www.youtube.com/watch?v=gta5ULx58zE>

Muscle Activation Exercises <https://www.youtube.com/watch?v=4eD9sVUDVYE&t=114s>

Dynamic Warm Up [https://www.youtube.com/watch?v=F10EfEjR\\_y8](https://www.youtube.com/watch?v=F10EfEjR_y8)