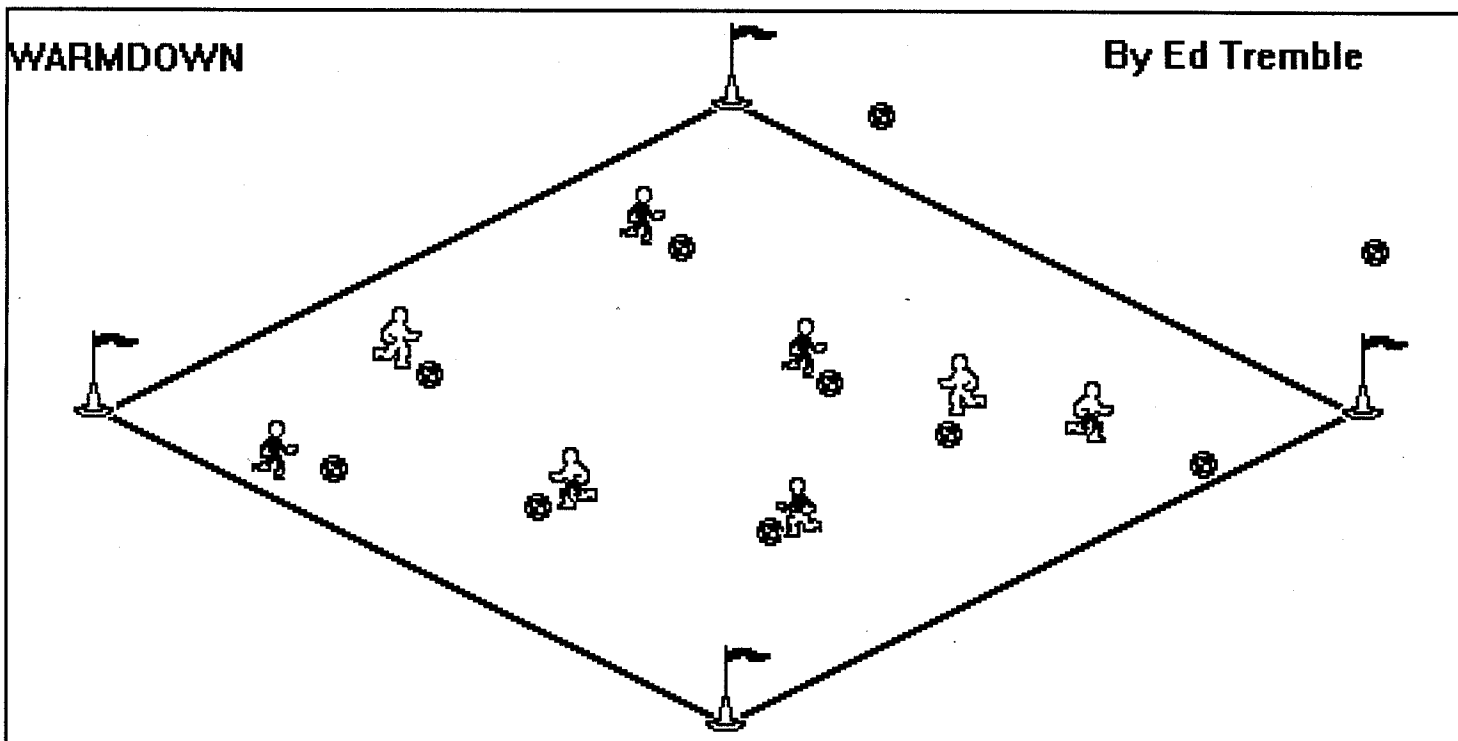


WARMDOWN

By Ed Tremble



WARM DOWN

QUICK TOUCHES

1. Touch the ball as fast as you can 10 times, then do figure 8's with hands between your legs.
2. Touch the ball 10 times then speed walk and squat on another ball, go back to your ball.