

Warm up Tips

①LYNX warm up

PDF

<https://www.dropbox.com/s/qagruck34k5z027/warm%20up.pdf?dl=0>



動画

<https://youtu.be/GA4glNwKclk>



②Mobility training

PDF

<https://www.dropbox.com/s/2iad8l3kbmi3y5g/Mobility%20exercises.pdf?dl=0>



動画

<https://youtu.be/G8mk1glhJho>



③Core training

PDF

<https://www.dropbox.com/s/lztu2e15ioyc4mq/Core%20training.pdf?dl=0>



動画

<https://youtu.be/wDrz1c3n5ok>



④Ankle & Wrist self care

PDF

<https://www.dropbox.com/s/m48gvfk46fvnpv2/ankle%EF%BC%86wrist%20care.pdf?dl=0>



動画

<https://youtu.be/n8kO-fRWUi4>

