

## Lisburn City SC Senior Squad Pre-Pool Exercises

Dynamic Warm-up (2 sets 10 reps in circuit)

Lunge with Rotation



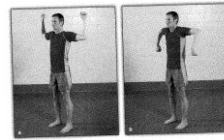
Step & Knee Hug



Caterpillar



Shoulder Int & Ext Rotations



Straight Leg March



Floor Bridge

