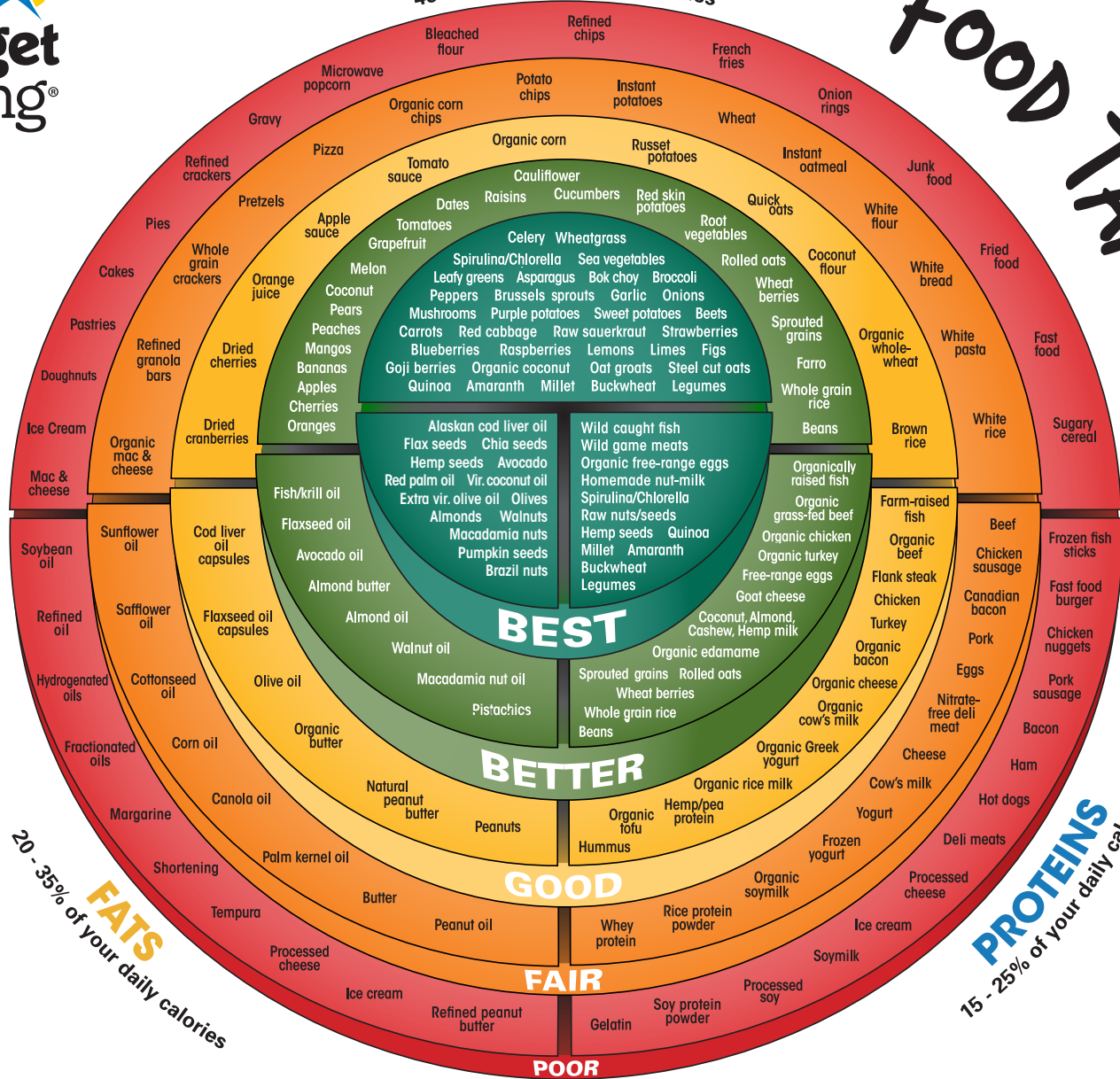


CARBOHYDRATES

45 - 65% of your daily calories

Food TARGET



- BEST
- BETTER
- GOOD
- FAIR
- POOR

BEVERAGES

MINI-Food TARGET



DYNAMIC WARM-UP



FOUNDATION EXERCISES

