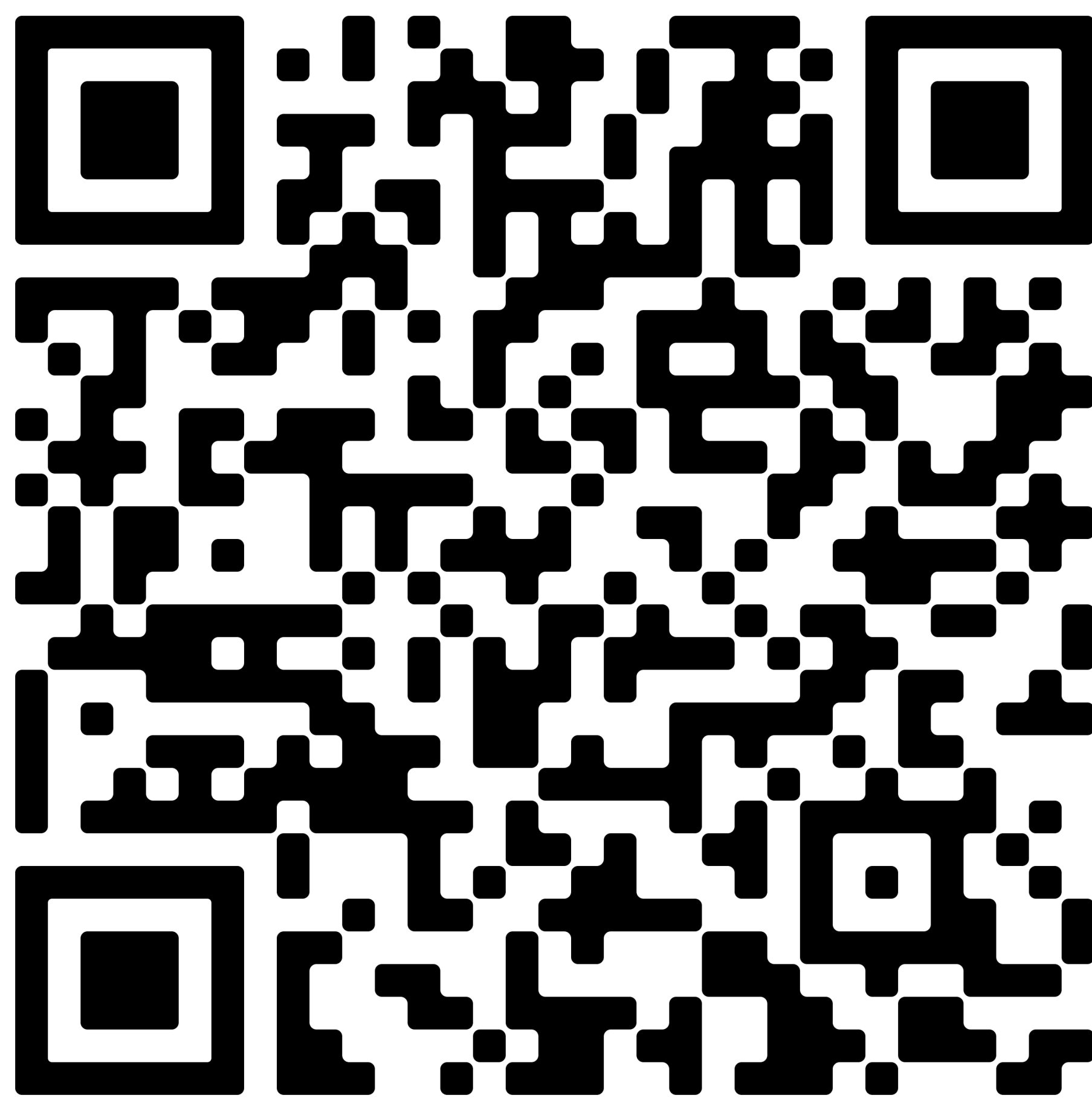


PSTA DYNAMIC WARM-UP



Scan the QR code above for a dynamic warm-up created to prepare your body for the demands of drills and trainings and to help prevent injuries.

Exercise program created by Dr. Kelsey Tanler, Certified Athletic Trainer for MCFRS, using The Prehab Guys software.

For an individual appointment with Dr. Kelsey Tanler for injury questions or a personalized preventative program, scan the QR code below!

