



Creative Warm-Up Ideas
Presented by Jeff F. Krabiel
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- The Essential Elements of Creating a Profile
- Defining the Skills to Be Targeted In Class
- Coaching Strategies During The Warm Up Phase of Class
- Using Single Symbols and Split Symbols During The Warm Up Phase of Class
- Creative Warm Up Activities
- Questions
- Time to Ride!

**Please remember to submit a session evaluation.
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