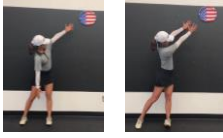
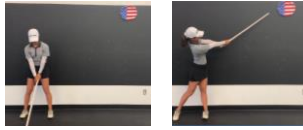


Mach 3 Destination Warmup

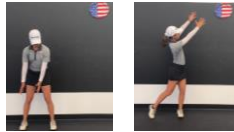
1. Right Arm Sweeps - 4x



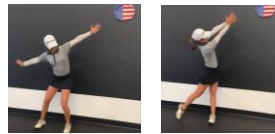
2. Trace the Path - 4x



3. Vertical Stretch - 1x with 4 lifts



4. Upper Cut Clap - 4x

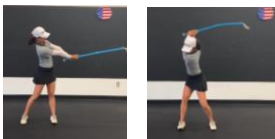


5. Wall Crawl - 8 second hold

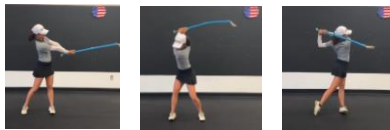


Mach 3 Speedbomber Workout

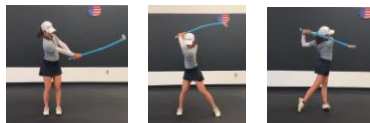
1. Backswing Throw - 4x



2. Backswing Throw and Go - 4x



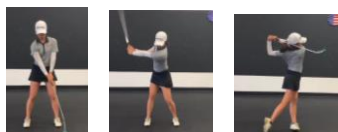
3. Step Swings - 4x



4. Giant Swings - 4x

Mach 3 Jetstick Workout

1. Front End Speed - 4x



2. Full Swings - 4x