

**South Florida  
Winter Guard Association**

*Color Guard and Percussion Performing Arts*

# EQUIPMENT WARM-UP

**South Florida  
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**BODY**

**WARM-UP**

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# Percussion

**WARM UP “A”**



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# Percussion

# WARM UP “B”



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# **BODY & EQUIPMENT WARM-UP (No Rotation)**

POST IF COLOR GUARD EQUIPMENT & BODY WARM-UP ARE BOTH IN THE SAME LOCATION