



Liam Pitches in to lead Team GB workout

Author: Paul Stimpson

Posted On: June 24, 2020

England No 1 Liam Pitchford leads the latest in the Wednesday Workout series of videos posted by Team GB.

Commonwealth Games gold medallist and two-time Olympian Liam demonstrates a warm-up routine which he uses before his training sessions, which you can watch below:

Downloaded From:

<https://newsarchive.tabletennisengland.co.uk/news/archived/liam-pitches-in-to-lead-team-gb-workout/>