# Work Warm Up Exercises Guide

Always begin moderate intensity manual work slowly to enable your body to warm up, or take a few minutes to do a brisk walk and/or the exercises below.



#### **Standing Back Extension**

- •Stand with feet shoulder distance apart
- Place hands on hips
- ·Arch backwards and hold for a few
- Return to start position

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# **Leg Split Stretch**

- · Stand with feet as wide apart as possible
- Shift hips to the left and hold
- Shift hips to the right and hold

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#### **Standing Inner Thigh Stretch**

- Stand with a spread legged stance with both feet flat on the floor
- Shift weight by bending one knee & keeping the other leg straight & foot flat
- · Stop when you feel a stretch along the inner thigh
- Repeat on opposite side

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### **Standing Quad Stretch**

- Stand and touch wall or stable object for balance
- Grasp top ankle or forefoot from behind
- Pull ankle or forefoot towards buttocks
- Hold and repeat
- Repeat on opposite side



#### **Hip Stretch**

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- · Sit with legs crossed placing ankle on opposite knee
- Pull legg or knee up toward chest until stretch is felt near the back of the hip
- Repeat on opposite side



# **Calf Stretch**

- Face a wall & stand 12 inches away from it
- Extend one leg behind you, keeping both feet flat on the floor & the back leg straight (lean on wall)
- · Lean toward the wall until you feel tension in the calf of the extended leg

· Repeat on opposite side

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#### **Hamstring Stretch**

- · Sit against a wall, chair, or on a firm surface with knee bent
- Keep a proper curve in low back
- Flex left foot upward, while straightening
- Repeat with other leg



#### **Upper Body Warm UP**

- Move shoulders up and back
- · Move shoulders down and back
- Move shoulders forward and back
- Repeat 5 times

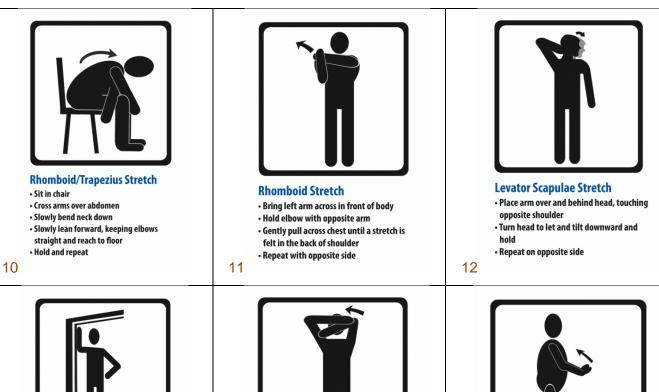


#### **Upper Trapezius**

- Gently grasp right side of head while reaching behind back with other hand
- Tilt head away until a gentle stretch is felt
- Hold for 20 seconds
- Repeat on opposite side

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#### **Chest Stretch**

- Stand in doorway or against wall
- Place forearm and elbow against the wall
- With the same side leg, step through the doorway
- Keep chest forward until a stretch is felt along the front to the shoulder & chest area

• Repeat on opposite side



#### **Shoulder Inferior Capsule Stretch**

- · Raise arm over and behind head with elbow bend
- Grasp elbow or wrist with other hand
- Pull gently until a stretch is felt
- Repeat on opposite side

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# **Wrist Flexor Stretch**

- Grasp fingers of one hand with other hand
- · Keeping elbow bent on involved arm
- Pull back hand gently, as shown
- Repeat on opposite side

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Source - http://www.tucsonaz.gov/wellness/warm-up-to-work