

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 seconds
- Return to start position

1



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

2



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

3



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

4



Hip Stretch

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

5



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

6



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 knee
- Repeat with other leg

7



Upper Body Warm UP

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

8



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

9



Rhomboid/Trapezius Stretch

- Sit in chair
- Cross arms over abdomen
- Slowly bend neck down
- Slowly lean forward, keeping elbows straight and reach to floor
- Hold and repeat

10



Rhomboid Stretch

- Bring left arm across in front of body
- Hold elbow with opposite arm
- Gently pull across chest until a stretch is felt in the back of shoulder
- Repeat with opposite side

11



Levator Scapulae Stretch

- Place arm over and behind head, touching opposite shoulder
- Turn head to let and tilt downward and hold
- Repeat on opposite side

12



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

13



Shoulder Inferior Capsule Stretch

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

14



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>