

**YOUR BODY IS
 YOUR MACHINE**

Keep it well oiled, moving correctly, and maintained. Use these stretches to get back in the game-not to power down! Would an athlete on the sidelines run back into a game without a proper warm up? Nope. And neither should you!

OUT OF CAB STRETCHES



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PEG STRETCH

Hold onto forklift with arm straight. Lean into stretch.



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HIP FLEXOR STRETCH

Put one leg on top of the step and lunge forward, feeling a stretch in the front of the hip of the back leg.



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LAT STRETCH

Hold onto forklift and walk back until your arm is straight. Sit hips back and lean down into the stretch.



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HIP ADDUCTOR STRETCH

Place heel on the step of forklift with toes up. Turn body so hips are parallel to forklift.



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FIGURE 4 STRETCH

Hold onto forklift and cross one ankle over the other knee. Sit back, chest up.



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HAMSTRING STRETCH

Place heel on the step of the forklift with toes up. Keep your chest up and drop your hips back.



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CALF STRETCH

Prop toes on side of forklift, keep heel on the ground, and straighten knee.

Prior to starting any fitness program, check with your physician to make sure you are healthy enough to begin an exercise routine.