



Neck Rolls

Side bend your head off to one side, then begin rolling down and toward your opposite side ending in a side bend. Return to starting position and repeat.

20 seconds



Shoulder Circles

Rotate your arm up and back in a large circle, then rotate forward in a large circle.

10 forward, 10 backward



Shoulder Blade Squeeze

To offload tension through the shoulders and upper back, practice good posture, and stretch the anterior chest, squeeze your shoulder blades together, pulling them down and back.

10 Reps



No Money Drill

In standing, bend elbows and place hands at pant pocket level. Externally rotate shoulders and bring palms facing up. Return to start.

10 reps



Wrist Circles

With elbows bent and hands clasped together, rotate the wrists in a circle clockwise, then counterclockwise.

10 Reps



Wrist Flexion Stretch

Extend your arm out straight and use your opposite hand to pull the top of the hand down to stretch the top of the forearm. Repeat on the other side.

2 reps 10 second hold each arm



Wrist Extension Stretch

Extend your arm out straight and use your opposite hand to pull up on the palm to stretch the underside of the forearm. Repeat on the other side.

2 reps 10 second hold each arm



Thoracic Rotation

Place hands on opposite shoulders and feet hip width apart. Turn your torso to one side and hold briefly. Repeat on other side.

5 reps each direction



Low Back Ext

Place your hands on your hips and lean back to extend back through your lower spine. Hold briefly and return to neutral.

5 Reps



Marching

March in place with high knees to warm up the hips and legs.

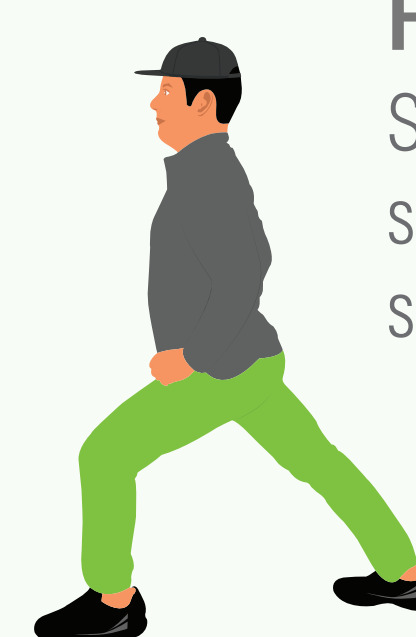
10 reps each leg



Hamstring Stretch

Use a table or wall for balance. Extend one leg out in front, toes up and sit back onto a stretch for the front leg. Keep your chest up. Repeat on the other side.

2 reps 15 seconds each side



Hip Flexor Stretch

Standing in a lunge stance, straighten the back leg. Lean slightly back.

2 reps 15 seconds each side

Before beginning any exercise program, please consult your healthcare provider to ensure that you are in good health and that these exercises are suitable for your current fitness level. The information provided in this exercise routine is for educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment.