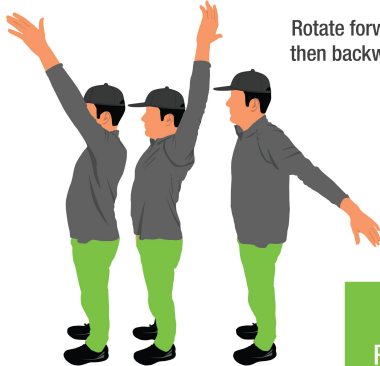


DEPT 630 Warm Up

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!

FULL ARM CIRCLE



Rotate forward, then backward.

5
Reps

WRIST FLEXION / WRIST EXTENSION



Elbow straight, fingers down. Pull hand towards you. Add a rotation to the left, then right.

20
Secs

PRAYER STRETCH



Position hands in front of the body, palm to palm. Keeping palms pressed together, lower your hands to feel a stretch through the wrists.

20
Sec

WRIST CIRCLES



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

10
Reps

WAVE GLIDE



Start with your hand out, fingers straight. Bend your fingertips down to touch the base of each joint, like a claw, then fold one more time, closing the hand. Then reverse order.

5
Reps

FINGER CURLS



Clasp fingers and curl into each other. Slightly pull.

20
Secs

FIST TO FINGER



Make a gentle fist, wrapping your thumb across your fingers. Release and spread your fingers wide.

5
Reps

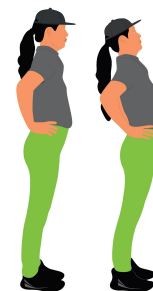
THUMB TENDON GLIDE STRETCH



Start by gently bending the tip of your thumb down toward the base of your index finger. Then gently stretch your thumb straight across your palm using just your lower thumb joint. Glide your thumb smoothly back and forth.

20
Secs

THUMB STRETCH W/ BACK EXTENSION



Place your hands on your hips in a "power stance" with your thumbs pointed back behind you. Squeeze your shoulder blades and lean back.

10
Reps

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.