

DEPT 641/ 642 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!

NECK ROLLS

Tilt head to one side, roll forward, then off to opposite side. Repeat.



5
Reps

SHOULDER CIRCLES

Start with arms out at sides, rotating in a circle, progressively making circles bigger. Forward, then backward.



10
Reps

SHOULDER BLADE SQUEEZE AT 90

Bring arms up to shoulder height in front of you, with elbows bent. Using your shoulder blades, move arms to your side, squeezing your shoulder blades together. Hold briefly and return to start.



10
Reps

WRIST FLEXION / WRIST EXTENSION



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

20
Secs

WRIST HAND ROTATION STRETCH

Place finger tips together- squeeze, then rotate downward and rotate inward.



10
Reps

DYNAMIC SPINE WARM UP

Bring arms overhead. Hinge forward at the hips to reach down towards floor while keeping back straight. Repeat.



5
Reps

LOW BACK EXTENSION

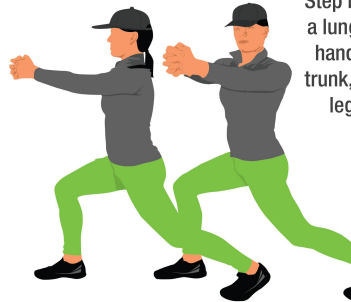
Hands on hips, extend back keeping chest up.



5
Reps

LUNGE WITH TRUNK ROTATION

Step back into a lunge. Clasp hands, rotate trunk, keeping legs stable.



5
Reps

HAMSTRING STRETCH

Heel out, toes up. Keep your chest up and drop your hips back. Repeat on the other side.



20
Secs

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.