

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

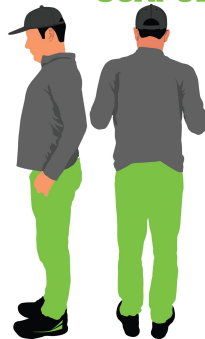
Tilt head to one side, roll forward, then off to opposite side. Repeat.



5
Reps

SHOULDER ROLL / SCAPULAR SQUEEZE

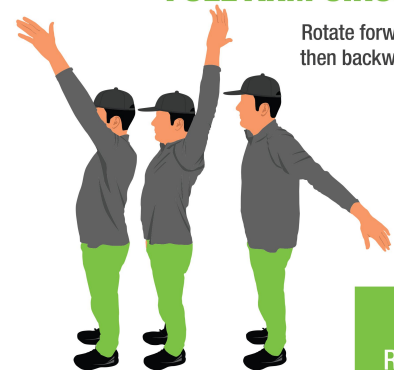
Roll UP and BACK. Pinch the shoulder blades, hold briefly.



5
Reps

FULL ARM CIRCLE

Rotate forward, then backward.



5
Reps

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.



10
Reps

WRIST ROLLS

Arms straight. Roll wrists clockwise, then counterclockwise.



5
Reps

LOW BACK EXTENSION

Hands on hips, extend back keeping chest up.



5
Reps

HIP CIRCLES

Standing on one foot, bring your knee up to hip height. Rotate the leg in a circle in one direction. Then switch to the opposite direction.



5
Reps

DYNAMIC HAMSTRING STRETCH

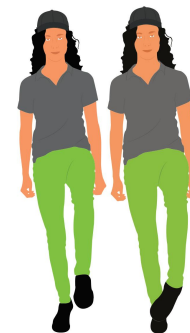
Start with heel down, toes up. Then pump your ankle, toes down and up again.



10
Reps

ANKLE ROLL

Standing on one foot, lift the other and roll the ankle around clockwise, then counterclockwise.



5
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.