

Welding 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 + EXT ARM

Begin with your arm directly out to your side, just below shoulder height. Extend the elbow and wrist so that your fingertips are pointing DOWN. Perform neck circles in one direction, then the other.



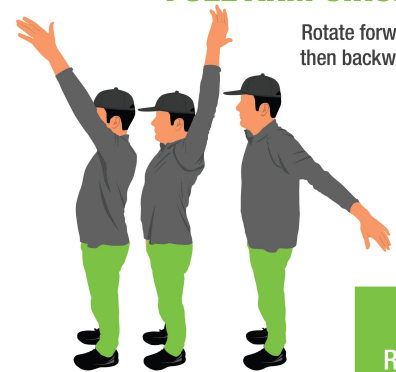
LEVATOR SCAP STRETCH

Side bend your neck away, then rotate and look down towards your same side armpit. Using the same side hand, gently pull your head down.



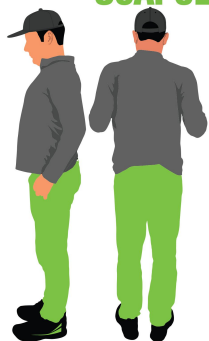
FULL ARM CIRCLE

Rotate forward, then backward.



SHOULDER ROLL / SCAPULAR SQUEEZE

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



WRIST HAND ROTATION STRETCH

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



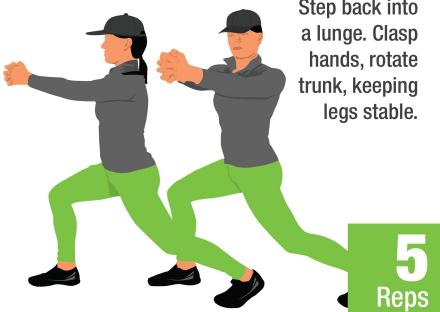
DYNAMIC SPINE WARM UP

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



LUNGE WITH TRUNK ROTATION

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



MARCHING

Alternate high knees.



DYNAMIC HAMSTRING STRETCH W/ ARM SWEEP

Stand up straight with arms by your side, palms facing forwards. Put one foot ahead of you with your heel down, toes up. Simultaneously lean your body forwards reaching your arms back behind you and sweep them forward as you move into standing.



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.