

Maintenance Pre-Shift Prep

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 OVERHEAD

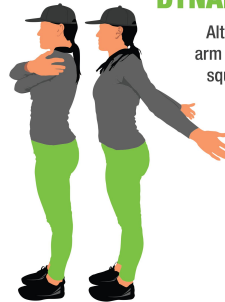
Rotate your arm up and back in a large circle, then rotate forward in a large circle.



10
Reps

DYNAMIC HUG

Alternate an open arm shoulder blade squeeze to a hug.



5
Reps

MEDIAN NERVE GLIDE

Start with arm up, hand to shoulder, head tilted away. At the same time, tilt head toward arm and extend the arm out, fingers down.



5
Reps

WRIST FLEXION / WRIST EXTENSION

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



20
Secs

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

LOW BACK EXTENSION

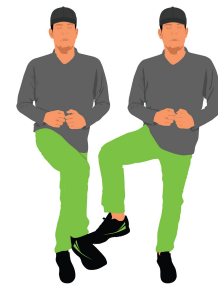
Hands on hips, extend back keeping chest up.



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

SQUAT

Hips BACK, chest UP. Let's see how you SQUAT RIGHT.



5
Reps

LUNGE WITH REACH

Step forward into a lunge position. Sink down keeping your front knee in line with your ankle. Reach the arm of your down knee up and over.



10
Reps

WORLDS GREATEST STRETCH

Perform a lunge. Place opposite hand on floor in line with front foot. Move same side elbow inside front foot, and rest it on the ground. Hold briefly. Move the ground hand up towards ceiling and rotate through the spine. Repeat on other side.



5
Reps

TOE RAISES

Raise up onto the tips of your toes, lower down & repeat.



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.