



WARM-UP FOR WORK

dynamic movements for everyday job demands



Warm-up for work is designed for getting the body ready for your job demands. These dynamic movement were specifically designed based the movements required for your job. Exercises should be held for 1-2 second each repetition and repeated 8-10 times each side.

KNEE TO CHEST PULL



- Raise knee upward
- Pull knee to chest

SIDE-SIDE LUNGE



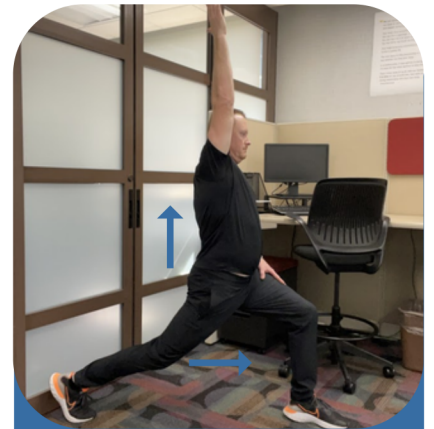
- Wide stance
- Lunge to side
- Keep knee from going past toes

SIDE-SIDE REACH



- Wide stance
- Keep legs straight and reach of lower leg

LUNGE EXTENSION



- Lunge forward, keeping knee behind toes
- Shift weight forward
- Reach up

HIP HINGE TO EXTENSION



- Push Hips back
- Round shoulders
- Reach out, up and extend back

SHOULDER RETRACTION



- Reach arms overhead
- Bring arms down and squeeze shoulder blades

OVERHEAD SIDE REACH



- Reach 1 arm up & opposite arm down
- Lean torso lateral

TORSO TWIST



- Slight bend in knees & hips
- Rotate one direction & then the opposite direction

SHOULDER ROLLS



- Arms to your side
- Roll shoulders forward 5 times
- Roll shoulders backward 5 times

ARM CIRCLES



- Extend arms out to side w/ palms up
- Make 10 small circles forward & backwards

WRIST CIRCLES



- Exend arms in front of body
- Make fist
- Do 10 inward & 10 outward circles

NECK CIRCLES



- Bring chin to chest
- Hands/arms to side
- Rotate head to the one side & then to the other 10 times

[CLICK HERE](#) or scan QR code for guided video