

Pre-Shift Dynamic Warm-up

Perform 5-10 reps/each prior to shift

Squat to Overhead

Interlock fingers in front of body, squat down, and then stand up and reach for the ceiling.

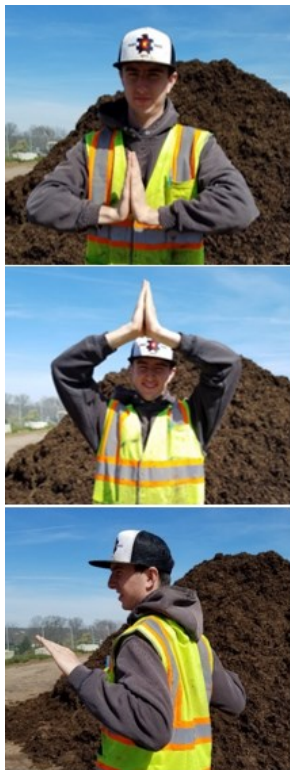


Perform the series of dynamic movement stretches prior to beginning work to allow for proper warm-up of the body and muscles.

The routine takes up to 5 minutes.
Perform as a group or individual.

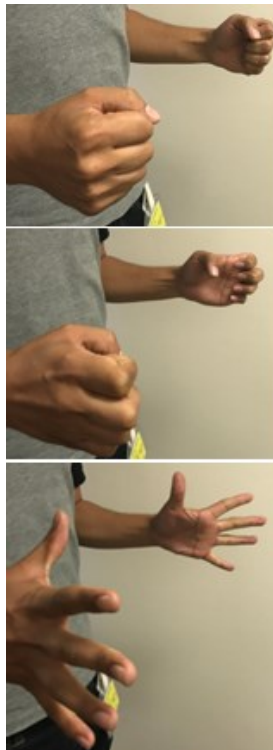
Swimmers

Start with hands pressed together at front of body, reach up, spread arms out to the side like field goal posts, and end by sliding the elbows down to the sides.



Finger Fans

Start with hands in a fist, open the hand by sliding the fingers up the palm in a hook manner. Then completely open the hand, spreading the finger wide.



Lunge with Rotation

Clasp hands in front of body and step out while keeping the back leg as straight as possible and maintaining an upright position. Gently rotate to the leg that is forward. Alternate sides.



Posture D's

Make the letter 'D' with your shoulders (raise shoulders up, back and down).



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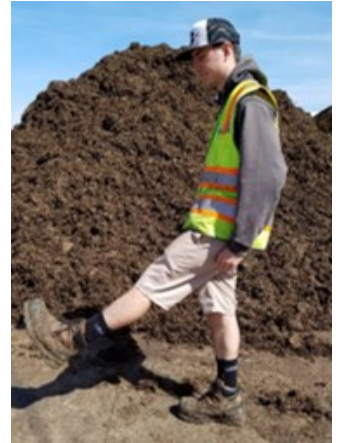
Butt Kick

Keeping the legs together as best as possible, bend the knee in order to bring the heel of your foot to your butt. Alternate legs.



Tin Mans

Start with heel of one foot on the floor with toes up. While keeping the knee straight, slightly raise the leg off the floor. Alternate legs.



Side Bend Reach

Start by standing straight and raise the arms above head. Starting with the right, grab the right arm with the left and start to lean towards the left in a smooth motion. Repeat to the opposite side. The motion should be smooth and controlled without holding the stretch.



Umpires

Start with arms out to the sides at shoulder level, crisscross your arms in front of your body. Alternate top and bottom arm.



Ankle Rolls

May be performed in sitting or standing position with proper support for balance. Gently roll the ankle in a clockwise or counter clockwise motion.



Wrist Rolls

Keep arms straight out in front of you, make circles with both wrists then reverse direction.



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