

STRETCH & FLEX

DYNAMIC WARM-UP
GET WARM, STAY SAFE



MARCH/JOG IN PLACE

Keep a steady pace for 1 minute

Begin with a jog or march in place. Keep your knees going straight up and down. As your heart beat increases, your body will begin to warm up. This will get your core, legs, heart and lungs engaged to help prepare your body for the work day. If jogging in place is too difficult, please modify this exercise to marching in place.



SEMI LUNGE W/ ROTATION

1 Set | 10 Reps each side

Begin in a standing upright position with your feet shoulder width apart step forward with one leg, lowering your body into a lunge position, and rotate your torso to the side, then carefully return to the starting position. Make sure to keep a strong posture and to not let your knees collapse inward during the exercise.



HEEL RAISES

1 Set | 10 Reps

Begin in a standing upright position with your feet shoulder width apart. Raise both heels off the ground at the same time, then lower them down to the floor. Keep your upper body still and avoid gripping with your toes.



ARM CIRCLES

1 Set | 10 Reps Forward & Back

Lets begin with our arms out to our side and are legs shoulder width apart. We will start with small forward circles and each rep you will increase the circumference of your circle. You will progress from small circles to medium circles to large circles. Make sure to make to keep your core engaged or tight, and breathe throughout the duration of this exercise.



SQUATS

1 Set | 10 Reps

Standing upright with your feet slightly wider than shoulder width apart. Bending at your knees and hips, squat down until your knees are close to 90 degrees. Ensure that your knees do not cross over your toes and keeping your back straight; straighten your legs to return back to the upright position.



CROSS ARM SWINGS

1 Set | 10 Reps

Begin in a standing position, feet shoulder width apart, and a slight bend in your knees with core engaged or tight. Start with your arms in a T position and then you will bring your arms back to open up your chest and swing your arm across each other in the front of your body. This should be a fluid swing to help loosen up the muscles of the chest and back while activating your shoulder muscles as well. Try to be loose and as your arms reach their ends of range of motion.



KNEE TO CHEST

1 Set | 10 Reps per Leg

Standing upright with your feet should width apart; lift one knee up to your chest and hug it with your arms. Hold for 2-3 seconds then repeat the same motion on the other leg. Ensure to keep your balance while performing these movements. A helpful tip to keeping balance is to focus on something in front of you.



LUMBAR TWISTS

1 Set | 10 Reps each side

Begin in a standing position, with your arms at 90 degrees. Keep you feet on the grounds and you will do a side to side twist of the torso. This will engage in your core muscles and help stretch your lower back musculature. Its is important to stay upright with your core engaged. Make sure to breathe properly throughout the entirety of this exercise.



HAMSTRING/LOW BACK STRETCH

1 Set | 10 Reps per Leg

Standing in an upright position, extend one leg forward, propping your heel on the ground, hinge at your hips until you feel a stretch in the back of your leg. Hold for 2-3 seconds and then press your foot flat to the ground and squat down on your back leg. Step forward and repeat with your other leg. Make sure to keep your movements controlled and maintain your balance during the exercise.



AIR ROWS W/ EXTERNAL ROTATION

1 Set | 10 Reps each side

Begin with your arms down at your side and your feet shoulder width apart, Core engaged, and your knees slightly bent in a power position. Bring your arm directly out in front of you to start the exercise. Pull back into a row position, and make sure to pinch your shoulder blades together in your upper back. After completing the row, you will keep your elbows in that exact spot, and move your shoulders into an external rotation position. After completing the external rotation, bring your arms back into the row position, and the return your arm into the starting position directly in front of you. make sure to be upright with good posture on this exercise.



SIDE BENDS

1 Set | 10 Reps each side

Standing in an upright position. Raise one arm overhead and rest the other hand on your hip. Slowly lean toward the opposite side of your raised arm until you feel a stretch. Hold for 3-5 seconds and then repeat on the opposite side keeping your hips level and maintaining your balance during the stretch. Do not let your trunk bend forward or backward.



SHRUGS INTO NECK CIRCLES

1 Set | 10 Reps

Begin with your arms down at your side and your feet shoulder width apart, Core engaged, and your knees slightly bent in a power position. Bring both shoulders up to your ears and hold this position for a couple seconds, and the relax. This will activate your trap muscles followed by a quick period of relaxation. This will turn into neck circles.



1 Set | 10 Reps each side

Begin in a standing upright position. Tilt your head sideways toward one shoulder, then gently roll your head forward and over to your other side. Continue to roll your head slowly back and forth. Make sure to keep your back straight during the exercise.

If you have any existing injuries or medical conditions that may be aggravated by physical activity, HealthcareLive recommends you consult with your physician before participating in this pre-shift stretching program. By joining this warm-up you acknowledge responsibility and are participating at your own risk.