BEFORE WORK WARM-UP
Work Warm-Up, Stretch and Flexibility Program

Before you get started, here are some key points:

Neutral position: This is the starting posture for all of the exercises. Stand straight, head and spine in alignment, chin in, eyes looking forward. Shoulders back and down, feet hip width apart and knees slightly bent.

- Consult your doctor before beginning any new exercise program
- Stop if you feel dizzy, uncomfortable or experience any pain
- Always work at your own pace

Warm-Up

Cold muscles are susceptible to injury. These exercises should be done before starting any physical work or work that requires you to hold any awkward postures.

The purpose of warming-up is to get the blood flowing into the muscles. Muscles that have been warmed-up are ready to work and are less likely to be injured.

Do each movement 5–8 times on each side.

1. Ear to Shoulder
- Stand in the neutral position
- Slowly and gently tilt your head to one side, keeping your ear aligned with your shoulder
- Return to the neutral position and wait a few seconds
- Repeat on the other side

2. Chin Drops
- Stand in the neutral position
- Gently drop your chin to your chest
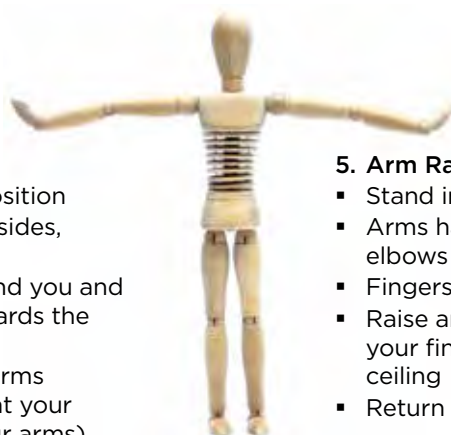- Return to the neutral position

3. Shoulder Circles
- Stand in the neutral position
- Draw your shoulders up toward your ears
- Push your shoulders back and then down
- Roll your shoulder forward and then up
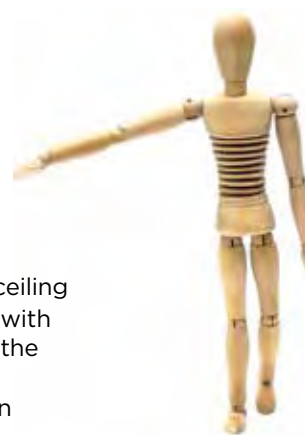- Return to the neutral position

4. Arm Pullbacks
- Stand in the neutral position
- Arms hanging at your sides, elbows slightly bent
- Raise your hands behind you and point your fingers towards the floor
- Raise and lower your arms behind you, stopping at your side (do not swing your arms)

5. Arm Raises
- Stand in the neutral position
- Arms hanging at your side, elbows slightly bent
- Fingers pointed toward the ceiling
- Raise arms to shoulder level with your fingers pointed toward the ceiling
- Return to the neutral position

6. Arm Circles
- Stand in the neutral position
- Place one foot in front and the other behind with the heel slightly raised (split stance)
- Move the arm on the side of the forward foot in a tight circular motion
- Keep the movement controlled
- Reset your feet and return to the neutral position
- Repeat on the other side

7. Side Bends
- Stand in the neutral position
- Arms hanging at your side, elbows slightly bent
- Bend sideways at the waist, sliding your hand down your leg
- Do not twist or bend your torso
- Keep facing forward
- Return to the neutral position
- Repeat on the other side

8. Knee Bends
- Stand in the neutral position
- Point toes out slightly
- Bend at the knees – as if you were going to sit in a chair
- Keep your back neutral and chest high – do not lean forward
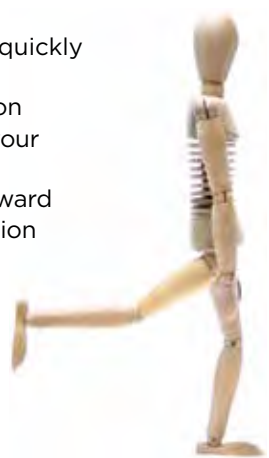- Return to the neutral position

9. Knee Raises (may be done quickly like running on the spot)
- Stand in the neutral position
- Bend your arms so they are in front of you at hip height
- Raise your right leg so your right knee touches your right hand
- Return to the neutral position
- Repeat on the other side

10. Butt Kicks (may be done quickly like running on the spot)
- Stand in the neutral position
- Bend your knee and kick your buttocks
- Remember not to lean forward
- Return to the neutral position
- Repeat on the other side

11. Leg Swings (front and back)
- Stand in the neutral position (sideways to the wall)
- Hold onto the wall for balance
- Bend your knees slightly
- Swing your farthest leg from the wall forward until you feel a stretch in the back of your leg and then swing behind you until you feel a stretch in your hip flexors
- Return to the neutral position
- Repeat on the other side

12. Leg Swings (side to side)
- Stand in the neutral position
- Facing the wall, knees slightly bent
- Use the wall for stability
- Swing your other leg out to the side until you feel a stretch in your groin and then across your body until you feel a stretch in your side, hip or glutes
- Don't twist your torso and keep your hips facing forward
- Repeat on the other side

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