

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



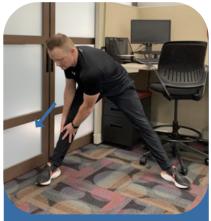
- Raise knee upward
- Pull knee to chest

SIDE-SIDE LUNGE



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

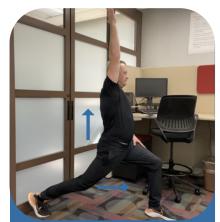
SIDE-SIDE REACH



Wide stance
Keep legs straight and reach of lower leg

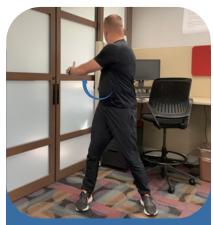
LUNGE EXTENSION

≝MCCAHILL GROUP



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

TORSO TWIST



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

HIP HINGETO EXTENSION SHOULDER RETRACTION



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

SHOULDER ROLLS



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

OVERHEAD SIDE REACH



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

WRIST CIRCLES



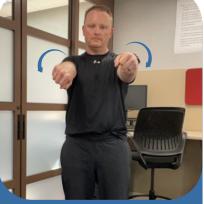




- Arms to your side
- Roll shoulders forward 5 times
- Roll shoulders backward 5 times



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



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