Sample Warm Up and Stretching Exercises

Simple warm-ups to get the muscles ready for work
If you have any health concerns that may limit your ability to safely perform warm-up or stretching exercises, consult your physician before participation in a warm-up program.

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**Wrist/Forearm**

**Warm-up**
Place hands together and make circles with your wrists or circle wrists individually.

**Stretch**
Gently pull fingers back toward arm. Stop before discomfort occurs and hold for 5-10 seconds.

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**Shoulders**

**Warm-up**
Shoulder Shrugs - You can also circle shoulders around to help warm up the muscles
Arm Circles – start with small circles and work your way to large circles.

**Stretch**
Stand tall with arms overhead, reach up as high as you can, and repeat several times.

Or

Bring arm across body and gently pull elbow toward you, hold for 10-15 seconds, repeat with other arm.

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Shoulders

Warm-up
Hands on hips and circle upper body.

Stretch
Place hands on hips, push hips forward while letting your head and shoulders move backward, hold position for 5 seconds and repeat.

Or

Stand as tall as possible, reach up and rotate, reach to each side for 10-15 seconds.

Legs

Warm-up
Take a walk/jog – this will not only warm up your legs but your entire body!

Stretch
Lean forward and reach for your toes, do not reach to a point of pain, hold for 5-10 seconds and repeat.

Note: do not lock your knees when performing this stretch.

Summary
- Always warm-up muscles before stretching
- Start slow and increase intensity of the warm-up and stretch
- Never stretch to a point of pain
- Hold stretches; never bounce
- Most stretches should be held for 5-30 seconds

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