

# Stretch it out!

- Warm up before stretching.
- Start each stretch in a relaxed position, feet shoulder width apart, knees slightly bent, and abdomen contracted to support your back.
- Perform the stretches at your own pace and ability – you are not competing.

- Stretch to the point of comfortable tension. Do not strain when you stretch. You should have no pain.
- Do not bounce while stretching – hold each stretch for approximately 20 seconds as you breathe.
- Breathe while performing each stretch/warm-up.

## Shoulder Rolls

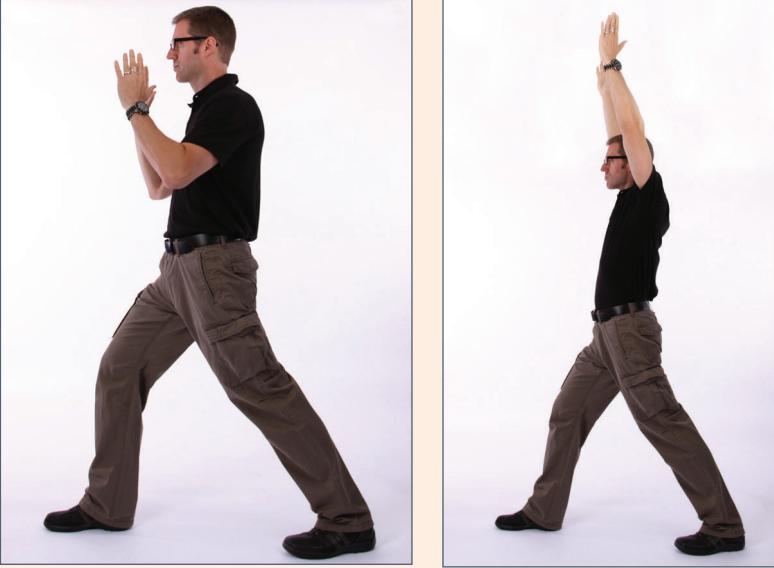


### Muscle Group: Shoulder

- Start with your feet shoulder width apart.
- Lift your shoulders up toward your ears, roll back, and roll down.

Repeat 10 times; 1 to 3 sets.

## Overhead Reach



### Muscle Group: Shoulder

- Start with your feet shoulder width apart.
- Place your right leg back.
- Keep the curve in your lower back, and keep your shoulders upright.
- Move hands from shoulder level to over the head with a gentle push upward.
- Exhale as you push up; inhale as you pull down.

Repeat 10 times.

## Side Push/Pull



### Muscle Group: Shoulder/Chest

- With your feet shoulder width apart, put your left leg back, hands at chest level.
- Push out to the side at shoulder level, hands moving from a fist to open.
- Keep wrists straight with arms at shoulder level.
- Pull back to chest level.
- Keep the shoulders and chest upright, stretching the left hip and keeping the left heel on the ground.
- Exhale as you push out; inhale as you pull in.

Repeat 10 times; 1 to 3 sets.

## Forward Push/Pull and Pelvic Tilt



### Muscle Group: Chest/Back

- Start with your feet shoulder width apart.
- Keep wrists straight and hands at chest level.
- Push forward with an open hand, and pull back to chest level with a closed fist.
- As you push forward, roll your pelvis forward, flattening your back.
- As you pull your hands back, roll your pelvis back, increasing the lumbar curve in your lower back.
- Exhale as you push out; inhale as you pull in.

Repeat 10 times; 1 to 3 sets.

## Knees to Chest



### Muscle Group: Leg

- Starting with your feet just inside shoulder width apart, alternately lift each leg to a comfortable level upward toward your chest.
- Keep your hands at chest to waist level as a target for your knees.
- Exhale as you lift; inhale as you lower each leg.

Repeat 10 times with each leg.

## Squats



### Muscle Group: Leg

- Start with your feet shoulder width apart. Lower yourself to a comfortable level — imagine sitting on a chair.
- Return to an upright position.
- Do not lean forward. Maintain your lumbar curve. This movement should not be painful.
- One leg may be slightly forward.

Repeat 10 times.

## Ankle Rolls



### Muscle Group: Ankle/Calf

- With your feet inside of shoulder width apart, place one foot forward with the heel off the ground.
- Rotate your ankle clockwise 10 times, then counterclockwise 10 times.

10 times. Repeat with opposite leg/ankle.

## Shoulder Rotations

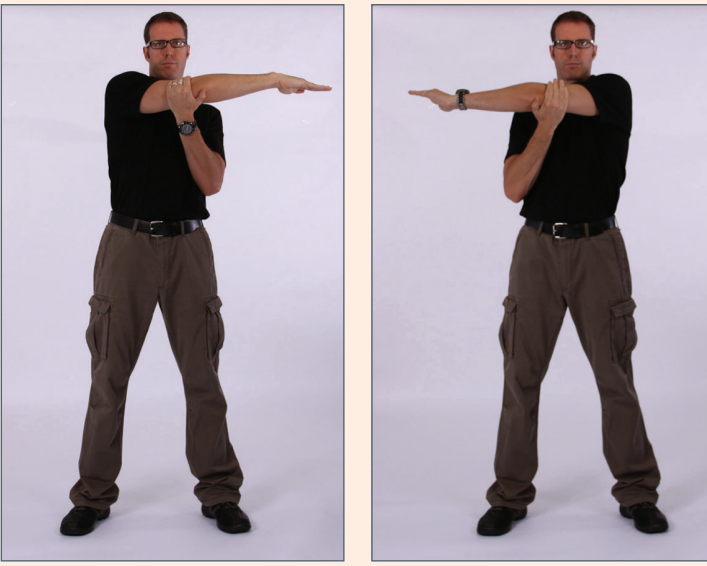


### Muscle Group: Shoulder Rotator

- With your feet shoulder width apart, reach behind your head.
- Gently pull your elbows back.
- Reach behind your back.
- Place the back of your hand on your lower back, and slide upward.
- If you are unable to reach the back of your head or lower back, reach as far as you feel comfortable and can hold.
- Movement should be slow.

Hold a comfortable stretch for 3 seconds on each arm and repeat 10 times.

## Posterior Capsule



### Muscle Group: Shoulder

- Reach across to the opposite shoulder.
- Apply gentle pressure behind the elbow.
- Repeat with the opposite arm.

Hold a comfortable stretch for 10-15 seconds on each side 3 times.

## Side Bend



### Muscle Group: Trunk (Oblique)

- With your feet just inside shoulder width apart, gently reach overhead with your right hand, and slide your left hand down your right leg.
- Repeat with the left hand overhead and the right hand sliding down the right leg.

Hold a comfortable stretch for 20 seconds on each side 3 times.

## Wrist Stretches



### Muscle Group: Wrist

- Start with the wrist to be stretched in a palm-up position.
- Bring the opposite hand over in a palm-down position.
- Place palms together.
- Gently apply pressure downward.
- Keep the fingers straight.
- Repeat with the opposite wrist.
- There should be no pain or numbness.

Hold a comfortable stretch for 15 seconds on each wrist 3 times.

## Hamstring Stretch



### Muscle Group: Hamstring

- Start with your feet shoulder width apart.
- Place your foot slightly in front of you, resting on its heel.
- Bend forward at your hips (not your back).
- Keep the curve in your lumbar spine and shoulders upright and your chin slightly tucked in.
- Gently reach toward your toes.

Hold a comfortable stretch for 20 seconds on each leg 3 times.

Always consult a physician before starting any physical activity program.

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