

On-the-hill Dynamic Warm-up 1



Arm Circles

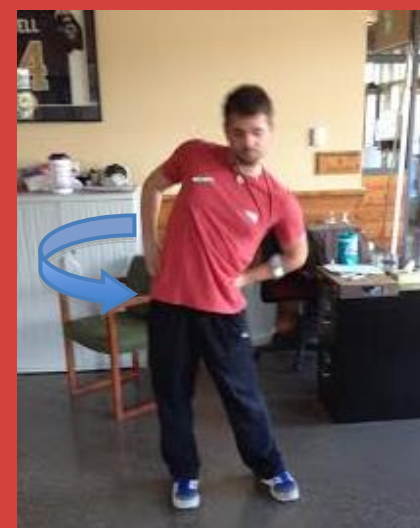
*Activates shoulder joints and shoulder/arm muscles.



1. Start with your arms extended out to your sides parallel to the floor.
2. Slowly start to make circles about 1 ft. in diameter with each outstretched arm as you increase the diameter to 3 ft. Breathe normally as you perform the movement.
3. Continue the circular motion of the outstretched arms for about thirty seconds. Then reverse the movement, going the opposite direction.

Torso Circles

*Improves strength and flexibility of the core/lower back muscles.



1. Start with your feet about shoulder width apart and your hands on your hips.
2. Bending at the waist move your torso around in a circular pattern in one direction.
3. After 10 full rotations in one direction reverse the motion and go in the opposite direction.

Trunk Rotation

*Improves strength and flexibility of the core/ lower back muscles.



1. Stand with your feet shoulder width apart.
2. Place your hands on hips and rotate your trunk from side to side, keeping your knees slightly bent.
3. Continue rotating for 10 turns on each side.

Good Mornings

*Improves spinal mobility and core strength.



1. Begin in the standing position with your knees slightly bent, hands on your hips, and your spine fully extended.
2. Hinge at the hips and lean your upper body towards your toes. Only hinge at your hips as far as you can go while maintaining a fully extended spine.
3. Return to the starting position. Complete 10 repetitions.

Chops

*Improves strength and flexibility of the core/lower back muscles.



1. Stand with your feet shoulder-width apart, knees slightly bent, and your arms raised overhead.
2. Move your arms to one side of your head and then bring them diagonally in front of your body to the opposite hip via rotating the torso and bending forward slightly.
3. Immediately return to original position in the opposite path via rotating your torso back upright while bringing your arms back to the side of your head. Complete 10 repetitions for each side of your body.

Leg Swings

*Activates hip joints and Increases flexibility of the leg muscles.



1. Hold onto something sturdy (such as the wall or door jamb) with your hip toward the object, and gently swing the leg that is away from the wall forward and back, keeping the torso vertical, and gradually increasing range of motion until you feel a good stretch in the hip flexors and hamstrings. Complete 10 repetitions for each leg.
2. Turn to face the wall and swing the leg sideways (crossing in front of the standing leg). Complete 10 repetitions for each leg.

Squats

*Stretches and strengthens leg muscles.



1. Stand with your feet shoulder width apart. You can place your hands behind your head or out in front of you.
2. Begin the movement by flexing your knees and sitting back with your hips as far as you can.
3. Continue down to full depth if you are able, and slowly reverse the motion until you return to the starting position. As you squat, make sure to keep your head and chest up, back straight, and do not let your knees go over your toes. Repeat for 10 repetitions.

Stationary Lunges

*Stretches and strengthens leg muscles.



1. Start with your feet together and your hands on your hips.
2. Take a big step in front of you with your right leg, lifting your left heel off of the floor. Slowly bend both knees, lowering your body straight down until both knees make 90-degree angles.
3. Push down through your front heel as you slowly stand back up. Complete 10 repetitions for each leg.

Important Info

- This warm-up should be performed in full uniform prior to starting your job for the day. Listen to your body and immediately stop any exercise or stretch that causes pain.
- A proper warm-up is extremely important for maintaining peak health and performance. When the body is sufficiently prepared for the physical demands of an upcoming sport or activity, the chance of injury decreases dramatically. Warm and flexible muscles (especially in a cold climate) are essential to perform at your best.
- Dynamic stretching utilizes movements that mimic the activities you will be doing throughout the day that cause stress to your muscles across multiple planes of movement.
- Dynamic stretching increases your core and muscle temperature, provides short-term gains in flexibility, lubricates joints, and stimulates the nervous system to ultimately decrease your risk of injury.
- Research suggests static stretches, in which a sustained stretch is held in a single plane of motion, should be saved for after completing an activity to improve flexibility.
- Remember to stay hydrated and eat healthy snacks regularly throughout the day.

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