

On-the-hill Dynamic Warm-up 2



Chest/Shoulder T-Stretch

*Stretches and tones the muscles of the chest/shoulders/back.



1. Begin with your arms outstretched at your sides with your palms facing forward.
2. Puff your chest out as you gently pull your arms backward as far as you can and squeeze.
3. Slowly raise and lower your arms to shoulder level and back down a few times over the course of 30 seconds as you continue to hold the stretch.

Shoulder rolls

*Improves shoulder flexibility and warms shoulder joints.



1. Start with your arms relaxed at your sides.
2. Lift your shoulder blades up as you slowly rotate them towards the front of you and then back down as you rotate them towards your back.
3. Continue rotating them in a forward circular motion for 10 repetitions and then reverse the movement for 10 repetitions.

Body Circles

*Stretches and strengthens the muscles of the lower back and core.



1. Start with your feet shoulder width apart and your arms outstretched overhead.
2. In a sweeping circular motion bring your hands all the way down to one side of your body until they almost reach your feet as you twist at the waist and then come all the way back up to the top.
3. Complete 10 repetitions in each direction.

Lateral Flexion

*Stretches and strengthens core muscles.



1. Start with your feet together and your hands at your sides.
2. Bend sideways at the waist to as you bring the arm on your opposite side up and over.
3. Complete 10 repetitions for each side of your body.

Knee Raises

*Improves flexibility of the hamstring muscles and warms knee joints.



1. Begin with your feet hip width apart and your hands at your sides.
2. Slowly raise one knee up as you grasp below the knee or under the thigh, hand over hand, and gently pull until you feel a good stretch in your hamstring muscle. Then slowly lower it back to the ground.
3. Alternate legs until you have completed 10 repetitions on each leg.

Twisting Lunges

*Stretches and strengthens the legs, lower back, and core muscles.



1. Start with your feet together and your arms out in front of you with one placed over the other.
2. With an open chest and shoulders back, use your left leg and step forward into the lunge position as you drop your hips. Make sure your knees do not pass over your toes as you do this.
3. As you lunge, tighten your abs and slowly twist your torso towards the side in which you are lunging.
4. Return to the starting position and repeat the same process on your right side. Keep the motion slow and controlled as you focus on the stretch. Complete 10 repetitions per side.

Hamstring Curls

*Stretches and strengthens hamstring muscles.



1. Stand with your feet a little more than shoulder width apart, bring one heel upwards towards your opposite buttock.
2. Transfer your body weight on to the foot that is flat on the floor, leaning slightly to the side, to aid your balance.
3. Repeat with the other leg in a continuous flowing motion completing 10 repetitions for each leg.

Pull down Squats

*Stretches and strengthens leg/back muscles.



1. Start with your feet shoulder width apart and your arms outstretched overhead.
2. Begin the movement by flexing your knees and sitting back with your hips as far as you can. Continue down to full depth if you are able and slowly reverse the motion until you return to the starting position. As you squat bring your arms down to your sides in a sweeping motion and then back up as you return to the starting position.
3. 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.

Important Info

- **This warm-up should be performed in full uniform prior to starting your job for the day.**
- 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.

www.therapeuticassociates.com