

On-the-hill Dynamic Warm-up 3



Lateral Raise

*Improves flexibility of the upper back and shoulder muscles.



1. Bend at the waist so your torso is parallel with the ground and your arms are hanging relaxed out in front of you.
2. Slowly raise one arm up as far as you can behind you as you twist to that side and raise your head.
3. Slowly bring your arm back to the starting position.
4. Alternate arms until you have reached 10 repetitions on each side.

Sun Salutation

*Improves spinal mobility and stretches muscles of the upper/lower body.



1. With your feet together bend at the waist as you reach down towards the ground and touch your toes and hold for about 3 seconds.
2. Then gradually lift your torso back up lengthening the spine.
3. As you come back up move your arms out to your sides with your palms facing upwards and open up the shoulders as you reach towards the sky as high as you can stretching your entire upper body.
4. Repeat this movement for 10 repetitions.

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.

Standing Cat/Cow

* Improves spinal flexibility and core strength.



1. With your legs hip-width apart and knees bent, place hands on thighs, with fingertips facing inward.
2. Exhale and round the back, tucking the pelvis under; gaze falls downward.
3. Inhale and arch the back, gazing upward.
4. Repeat 3-5 times.

Elbow to knee

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



1. Start with your feet together and your hands behind your head.
2. Slowly lift one leg as you twist to touch the opposite elbow to the lifted knee.
3. Alternate sides until you have completed 10 repetitions on each side.

Knee Rolls

*Warms the knee joints.



1. Sit back in a squatting position and place your hands on top of your thighs.
2. Using your legs rotate in a circular pattern at the knee joint in a clockwise direction.
3. After 10 repetitions in that direction reverse the motion and complete 10 repetitions going counter clockwise.
4. Move at a slow and controlled pace in a comfortable range of motion.

High Kicks

*Increases flexibility and mobility of the leg muscles/hips.



1. Start with your feet shoulder width apart and extend your left arm straight out in front of you.
2. Kick your right leg up while keeping your leg and arm straight aiming to touch your toes to your left palm.
3. Try to progressively kick higher, but complete this exercise with control.
4. Complete 10 kicks on each leg.

Hamstring T-Stretch

*Increases flexibility of the hamstring muscles.



1. Start with an upright posture, chest up, and your shoulders down and relaxed.
2. Lift your straight left leg behind you as you slowly bend forward at the hips and try to touch your toes. You will look like the letter "T" with the planted leg being stretched.
3. Hold this position for 2 or 3 seconds and complete 5 repetitions on each side. Remember to always maintain a neutral spine.

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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