

# STRETCHING ROUTINE

A full warm-up before any physical activity helps improve flexibility, decrease muscle stiffness, and reduces the potential for injury. At the beginning of your shift, go through this stretching routine. The stretches in each section target the muscle groups that we commonly use while working. If you would rather do a different stretch, check the alternates poster for additional stretches in each muscle group.

## 1. NECK

### Flexion & Extension

- Shoulders back, tilt head forward. Hold 10 sec.
- Back straight, tilt chin up/head backward. Hold 10 sec.
- Tilt head to one side. Hold 10 sec then switch.



## 2. SHOULDERS

### Shoulder Rolls

- 10x each direction



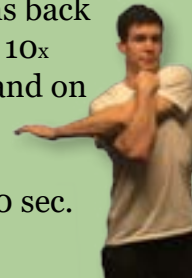
### Arm Swings

- Rotate arms 10x each direction



### Arm Crosses

- Dynamic: Cross arms back and forth over chest 10x
- Static: Place right hand on left shoulder, push elbow up with left hand. Switch after 10 sec.



Dynamic

Static

## 3. BACK



### Slow Toe Touch

- Slowly bend over, reach toward shoes.
- Rise slowly and keep neck tucked.

### Hip Thrust

- Laying on back, slowly push hips up & into the air, bring back down.
- Repeat 3x



### Back Extension

- Pelvis tucked in, gently lean backward.
- Stretch is felt in middle and lower back.

### Cat-Camel

- On all fours; arch back upward on inhale
- Arch back downward on exhale.



## 4. ARMS



### Flexors & Extensors

- Palms out forearm stretch - 10 sec each
- Fingers down forearm stretch - 10 sec each



### Wrist Rotation

- 10 sec both ways for each wrist

## 5. LEGS

### Hip Rotation

- Start on all fours
- Lift one knee out to the side. Hold until stretch is felt and bring back in.
- Repeat 5x for each leg



### Quads

- Grab ankle and bring up behind you
- Hold for 10 sec each side



### Calves/Achilles

- Wall stretch
- 10 sec on each side



### Hamstrings

- While standing or sitting, touch/reach toward toe.
- Hold 10 sec each side



## 6. FOOT & ANKLE



### Toe Ups

- Repeat 10x



### Calf Raises

- Repeat 10x



### Ankle Rolls

- 10x each side



GO ZERO WASTE!

# ALTERNATES

If you prefer to replace part of the main stretching routine with something different, try one of these alternates. They're also a great option for if you want to target a specific part of your body, or if you want to add some variety to your stretching routine!

## NECK

### Deeper Side Flexion

- Tilt head to one side
- Place opposite arm behind back and use other arm to pull toward direction of head-tilt
- Repeat in the other direction



## SHOULDERS

### Standing Wall Stretch

- Place hands on wall, walk back until arms are straight.
- Keep shoulder blades back—don't "scrunch" shoulders around your neck



## BACK

### Gentle Side Stretch

- Raise arm and bend from the hip to the side opposite of the raised hand
- Repeat on both sides



### Deeper Side Stretch

- Start on all fours, with one hand firmly planted.
- Bend sideways at hip and reach towards ankle.
- Make sure to keep your back straight



## ARMS

### Triceps Stretch

- Place hand on back, elbow toward ceiling. Use other hand to pull elbow toward head.
- Hold 15 seconds
- Repeat on both sides



## LEGS

### Leg Swings

- Stand next to wall, use hand to support yourself
- Face wall (side to side swings) or stand with shoulder toward wall (front and back swings)
- Swing leg back and forth. Switch legs and repeat



### Deep Lunges

- Take large step forward and bend knees
- Back knee should touch ground
- Place hands on hips



### Standing Hip Stretch

- Bring knee up to hip level - keep at 90 degrees
- Open hip by moving elevated knee from front to side of body



### Groin Stretch

- Spread legs apart
- Lean to one side while bending the knee on that side



### Butterfly

- Sit on ground, hold bottom of feet together
- Lean into the ground for a stronger stretch



GO ZERO WASTE!