

# Warming up and Stretching

## Warm-ups

Warming up before stretching is important because it gets the blood flowing to the muscles. Doing this before stretching improves flexibility and reduces the risk for injury.

**Use the QR code on each activity to view a short how-to video.**



**MARCHING IN PLACE**



**HEEL RAISES**



**SIDE LUNGES**

## Stretches

**Stretch before and during your workday** when your body is warm. Stretch **s-l-o-w-l-y** and gently into tension NOT pain. Breathe normally and avoid bouncing during the stretch.

Hold each stretch for 15-30 seconds. Repeat 3-5 times on both sides.



**HAMSTRING STRETCH**



**2-IN-1 CALF STRETCH**

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## Stretches



**QUADRICEPS STRETCH**



**HIP FLEXOR STRETCH**



**CHEST STRETCH**



**SHOULDER STRETCH**



**BACK EXTENSION**



**CHIN TUCK**



**FOREARM STRETCH 1**



**FOREARM STRETCH 2**

Before beginning any stretching program, check with your healthcare provider. If you feel discomfort while doing any of these stretches, stop doing the stretch(es) immediately and check with your healthcare provider before continuing.