# **George EmployHealth**

#### WHY PERFORM A DYNAMIC WARM UP?

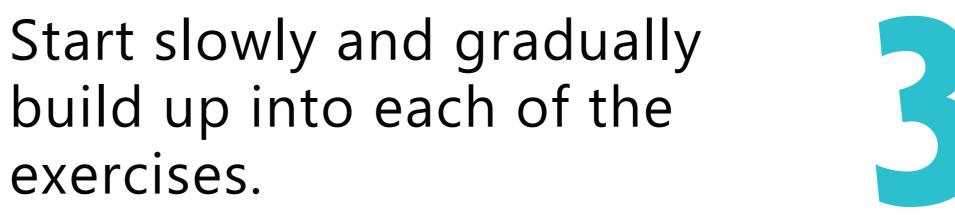
A dynamic warm up prepares your body for activity. It can help: 1. Improve muscle activation to prepare for movement. 2. Warm up the muscles, joints and ligaments. 3. Reduce the risk of injury.

# DYNAMIC WARM UP EXERCISES

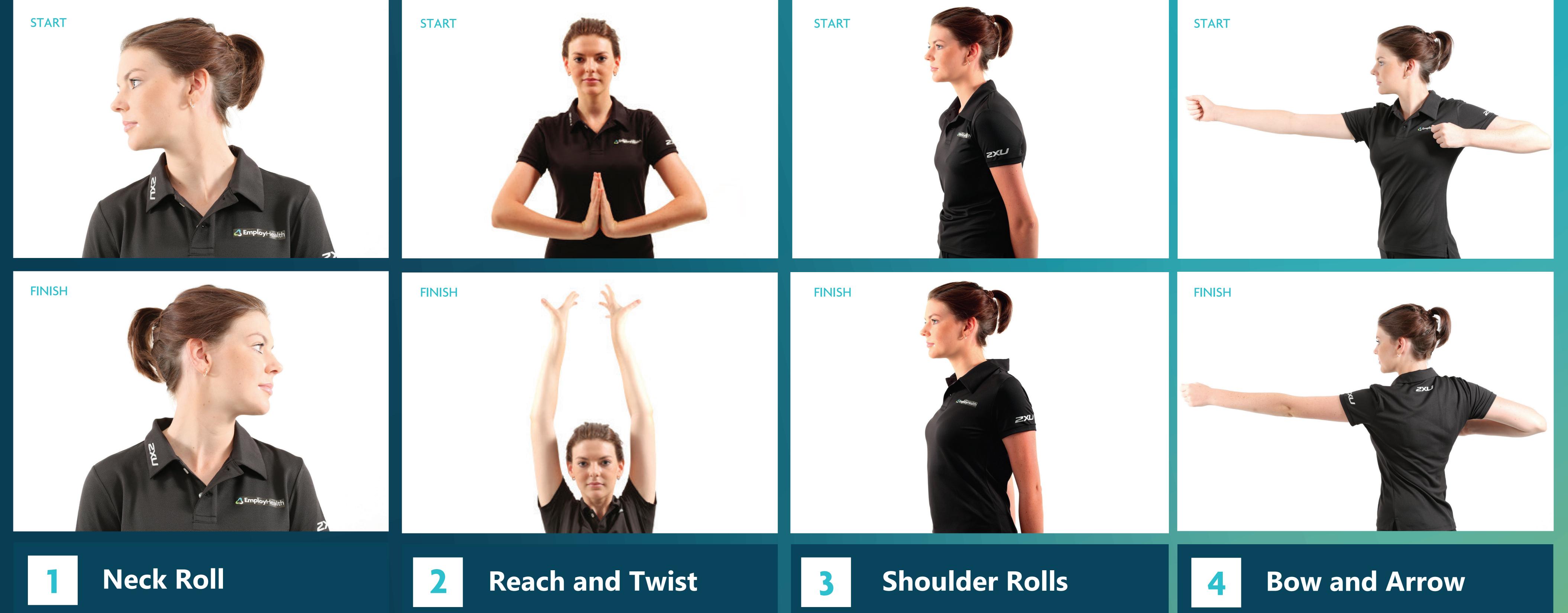


Make sure you are wearing loose clothes and no object is in the way for you to hit.



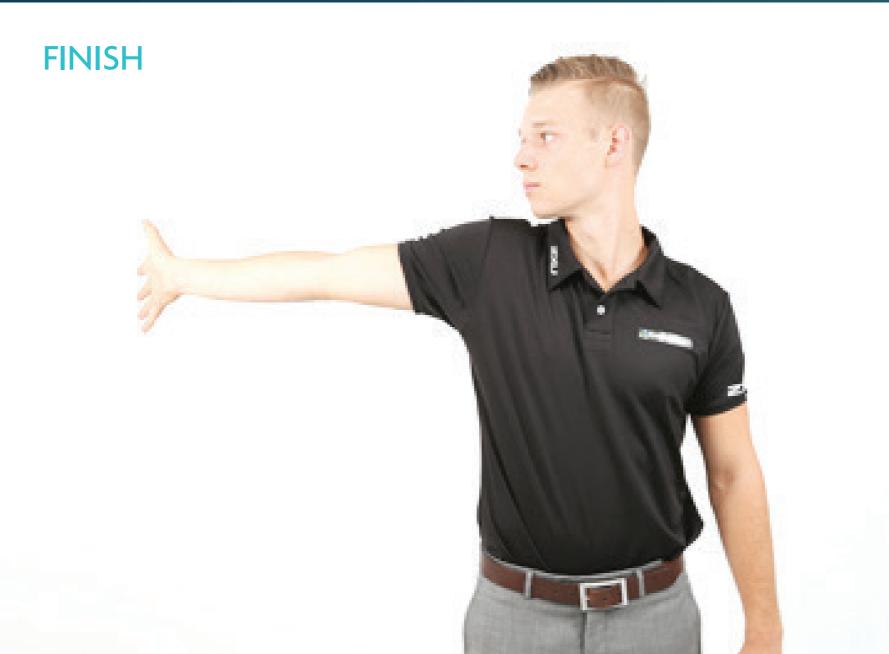


Make sure you don't bounce too much or over stretch. If it hurts - stop!



#### Gently roll your neck from one side to the other. With your hands behind your back roll your Start with your hands out in front, keep your Start in prayer position, reach to the sky and turn shoulders forward and back. waist pointing forward and pull back as if using your palms to face away from each other. a bow and arrow. Alternate sides. **START START START** START FINISH FINISH **FINISH FINISH**











#### Shoulder Reach

Start with your hands closed and facing up. Reach out in front and turn the backs of your hands to face each other.

#### **Turn and Reach**

6

Turn your head away from the arm you're going to move. Then reach out horizontally to the floor, extend your wrist and turn your head to the

#### Hoolahoop

Rotate your hips around in a circle motion as if using a hoolahoop.

#### Squat

Legs shoulder width apart, slowly build up into a squat.

We create Onsite Health Hubs to help you target ALL areas of health and injury risk.

JOIN US ON THE JOURNEY TO PROACTIVE WORKPLACE HEALTH



### EMPLOYHEALTH.COM.AU

##