

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





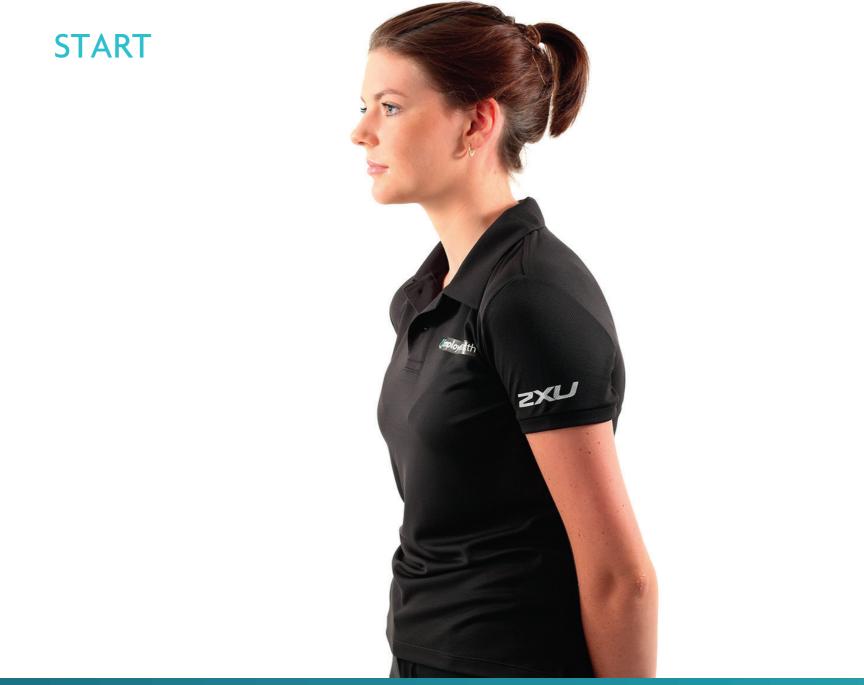
Make sure you are wearing loose clothes and no object is in the way for you to hit.

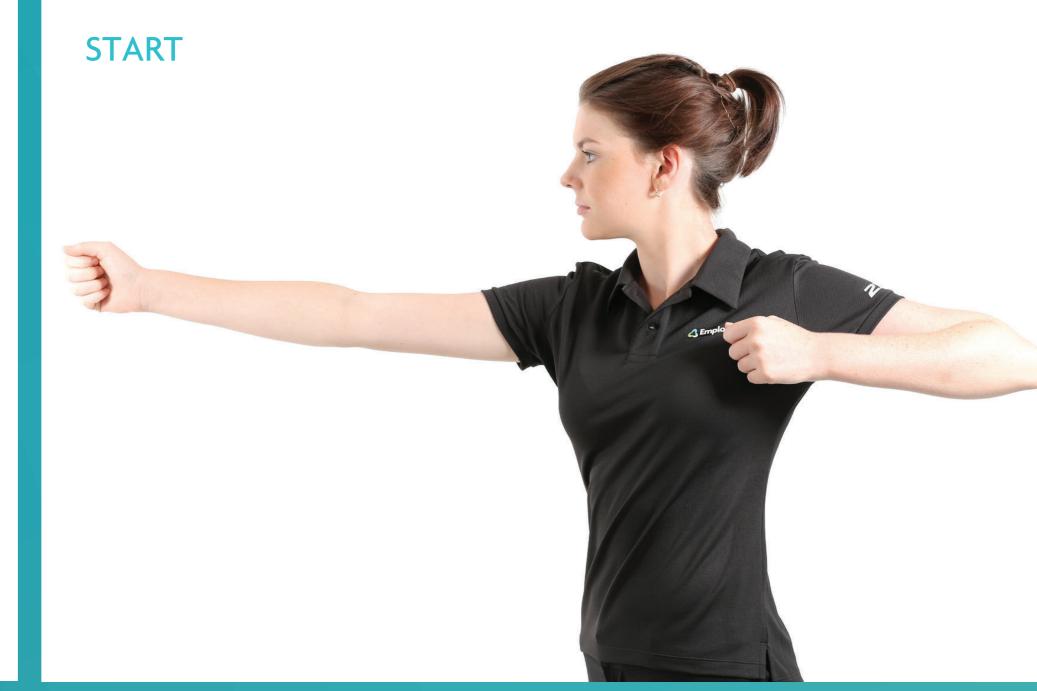
Start slowly and gradually build up into each of the exercises.

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



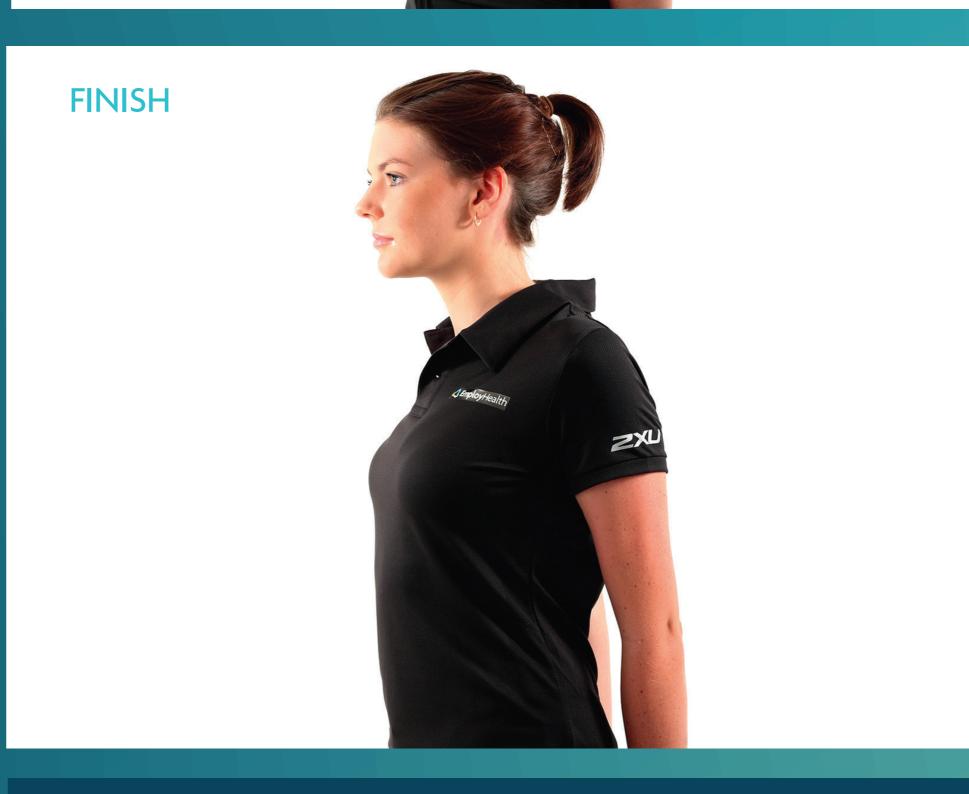














Neck Roll

Reach and Twist

Shoulder Rolls

Bow and Arrow

Gently roll your neck from one side to the other.

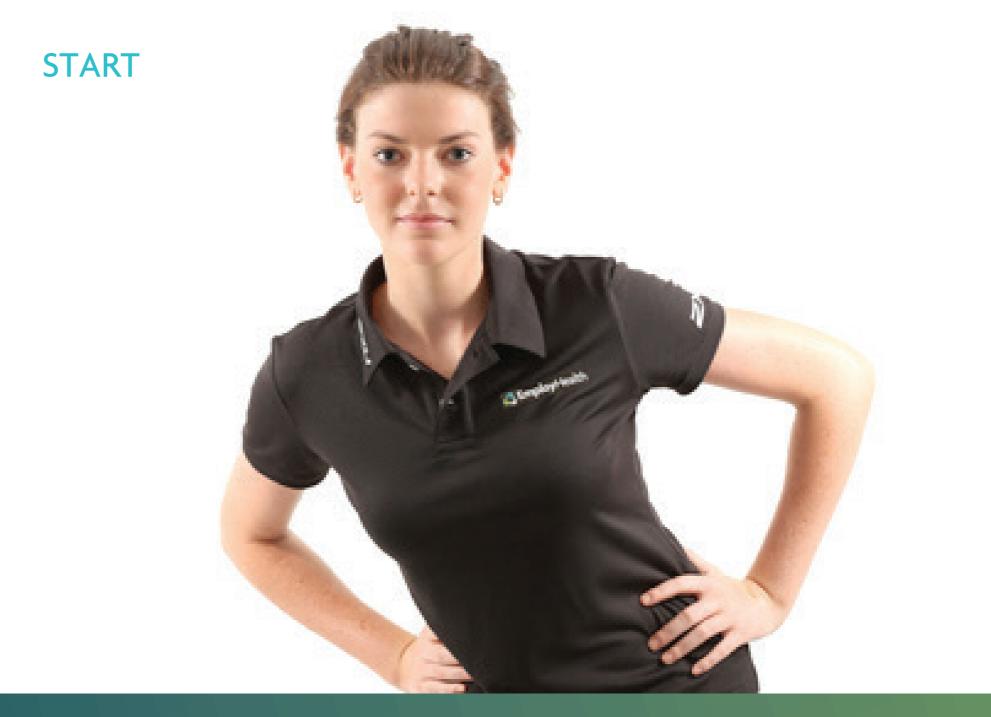
Start in prayer position, reach to the sky and turn your palms to face away from each other.

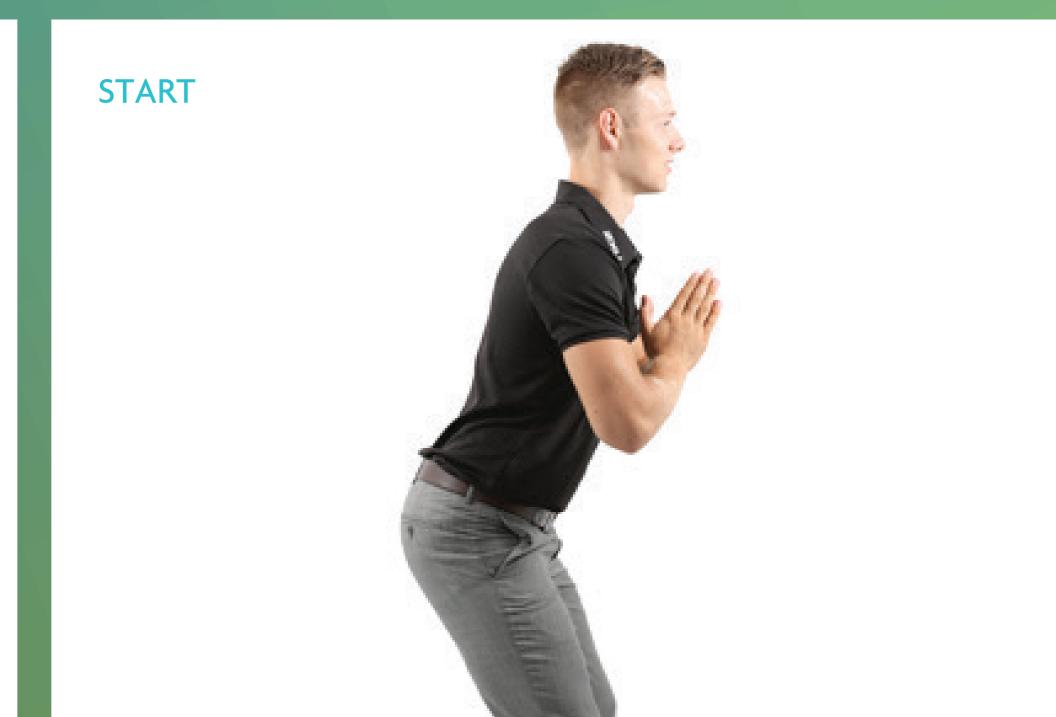
With your hands behind your back roll your shoulders forward and back.

Start with your hands out in front, keep your waist pointing forward and pull back as if using a bow and arrow. Alternate sides.

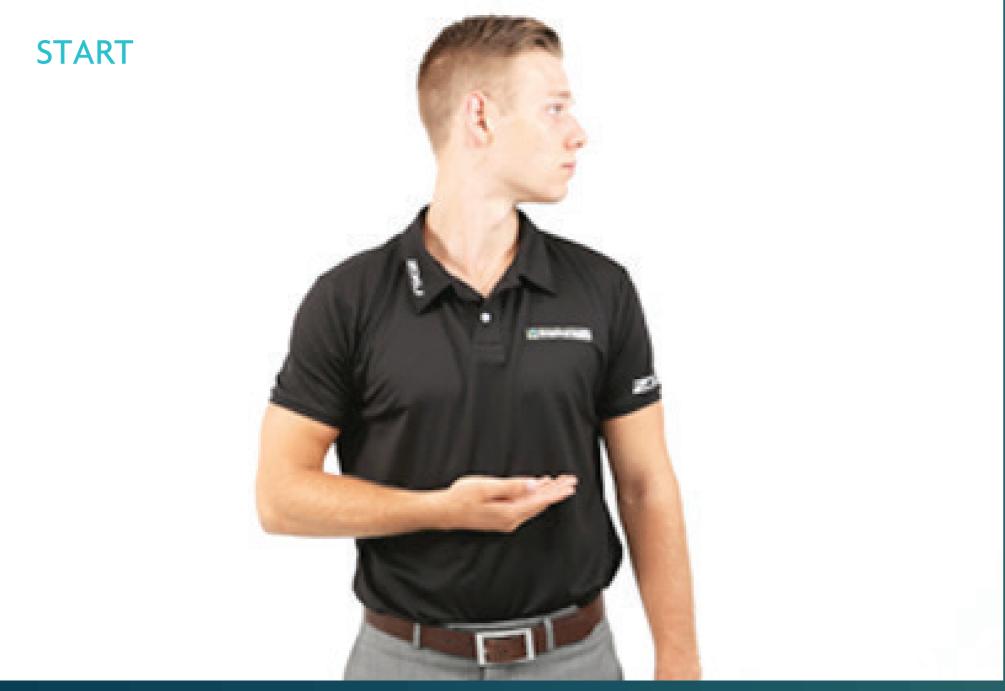
















Shoulder Reach

FINISH

Turn and Reach

Hoolahoop

Squat

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

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

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

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

