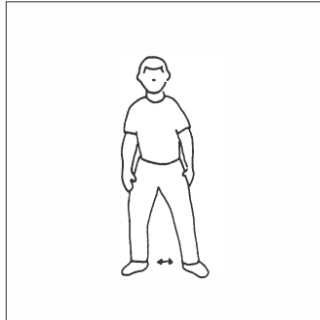


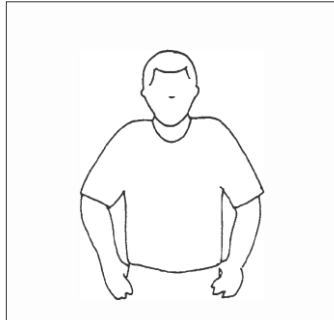
Industrial Athlete

Stretching Exercises

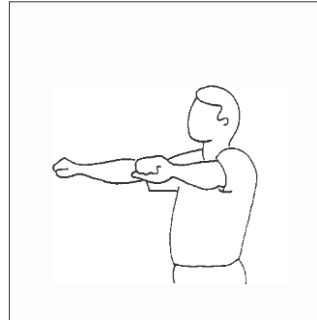
You too can benefit. Just take 5-7 minutes each day.



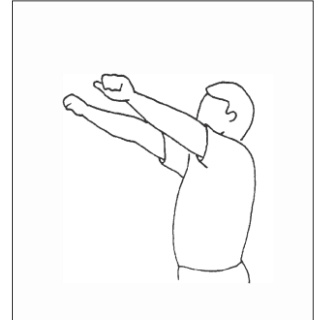
Part A-Warm Up: Heat muscles through large muscle group rhythmic activity. 1. Step side to side with knees unlocked, 8 times.



2. Add shoulder shrug motion, stepping side to side, 8 times.



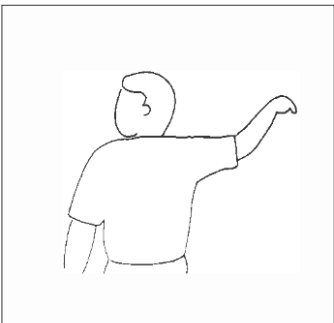
3. Add bench press motion, stepping side to side, 8 times.



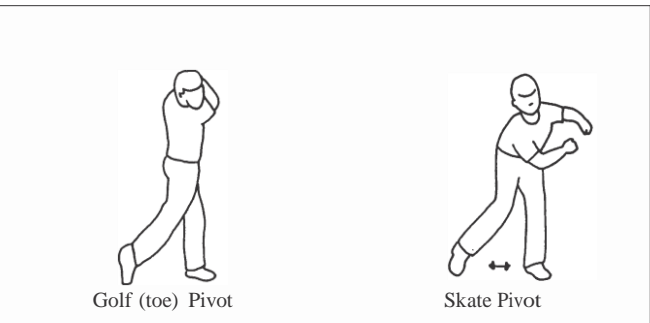
4. Add incline press motion, stepping side to side, 8 times.



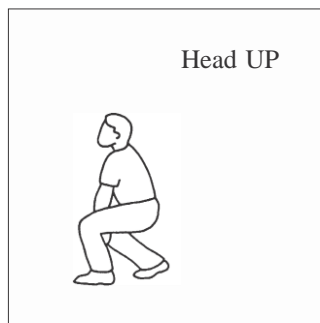
5. Add military press motion, stepping side to side, 8 times.



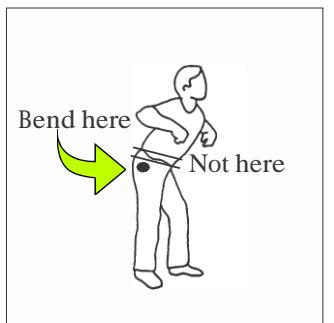
6. Add back stroke motion, stepping side to side, 8 times.



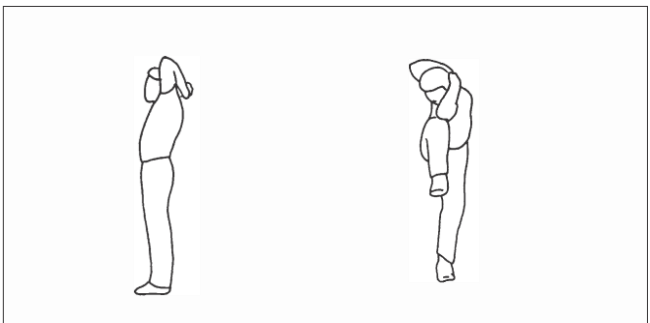
7. Golf (toe) then Skate Pivot To practice the golf pivot use a chip-shot or half golf swing and feel the feet pivot. A baseball bat works too. The skate or shot-put motion helps the lowerer the body to pivot, stepping side to side, 4 times each.



8. Partial squat lift. Target: Quads. Power stance (shown) left foot in front of right, emphasize proper lifting technique. Keep your head up and shoulders back! 4 times each leg.



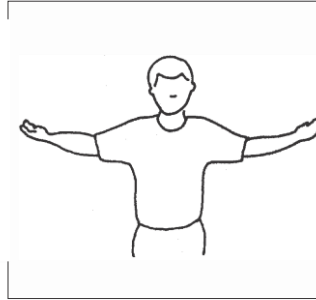
9. Bent Over Rowing. Target: Neutral spine and mid back. In a power stance, bend at hips. Pull weeds, 8 times. (Reduce the back angle initially)



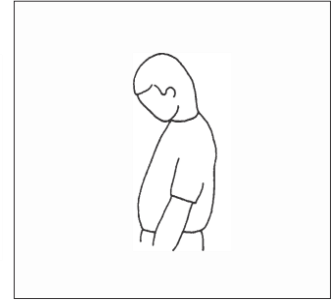
10. Trunk Nod. Target: Abdomen. Pelvic tilt. Coordination. Clasp hands behind neck (Do not pull on neck.) Then draw one knee up towards opposite elbow, as you bring your elbow down towards your knee. Come upright, and repeat to opposite side 8 times.



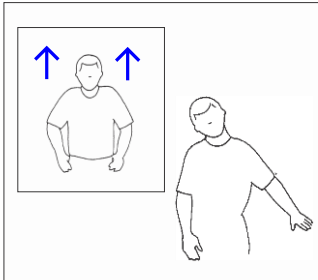
1. Skyward Stretch. Target: Biceps, forearms and lats (muscles that line the spine). Reach to the sky and hold. Pelvic tilt the lower body. Flex the wrists then...turn the hands in and hold...turn wrists out then press arms down. Relax.



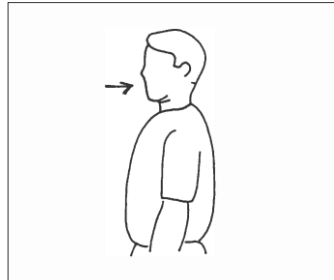
2. Chest Stretch. Target: Chest, biceps, forearms. Arms at full extension in front of the body. Exhale as you slowly press extended arms back squeezing the shoulder blades together until the arms are straight out to the sides of the body (arms remain parallel to the ground). Hold 10 seconds.



3. Neck Stretches Target: Neck muscles. 3.a) Lengthen your neck as though there was a puppet string Head in neutral. Tuck your chin and stretch the back of your neck.



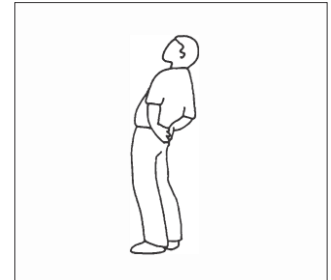
3.b) Shoulders: Shrug to relax them hold the tension for 5 seconds then relax repeat three times. Side bend to left, push down and away with open right palm. Repeat to other side.



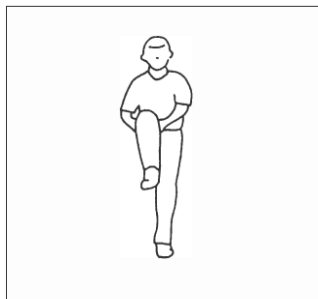
3.c) Chicken Exercise. Head in neutral tuck chin and repeat 8 times.



4. Triceps Stretch. Target: Triceps. Reach right hand across chin over left shoulder. With left hand on right elbow pull even further over shoulder. Exhale during the pull. Pelvic tilt for neutral spine. Hold 10 seconds. Relax. Repeat with left arm.



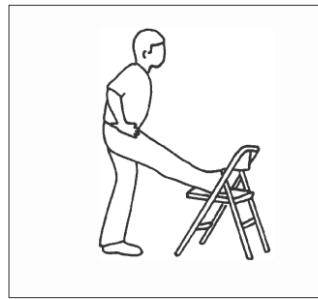
5. Back Pulse. Target: Lower back. Place knuckles on small of back. Arch backwards slowly. Don't arch beyond your limits (Keep it pain free 3 times).



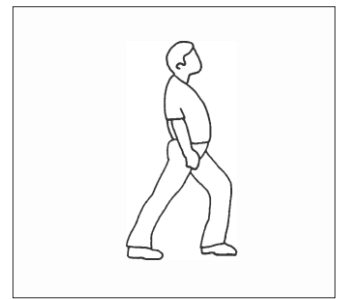
6. Hip Stretch. Target: Posterior hip. Use the wall for support. Lift knee toward chest and grasp hands under knee. Pull toward chest and in towards midline. Hold 10 seconds. Repeat on other leg.



7. Quad Stretch. Target: Front of thigh. Hold arm out to side to maintain balance. Reach back and grasp ankle or arch of foot. Pull towards back. Stretch for count of 10. Repeat to other side.



8. Hamstring Stretch. Target: Back of thigh. To help bend at hips instead of waist. Find stationary object about knee high. Rest heel on surface, place hands on front of hips. Bend from hips keeping head and chest up. Slowly turn ankle in and out for count of 10. Repeat to other side.



9. Calf Stretch. Target: Back of calf. Feet in power stance. Bend the front knee keeping the back leg straight and heel on the ground. Hold 10 seconds. Repeat to opposite side.

CLAP HANDS
WE'RE DONE!