

WARM UP TO WORK

Neck rolls



1. Bring right ear towards right shoulder
2. Roll neck down and around to the other side so left ear is now on top of left shoulder
3. Repeat slowly back and forth

Wrist & forearm rolls



1. Start with both arms straight out in front of you
2. Bend wrists down so thumbs are pointing toward the ground
3. Then rotate the arms around so palms are facing the ceiling, and bend the wrists back towards the ground
4. Repeat back and forth

Shoulder circles



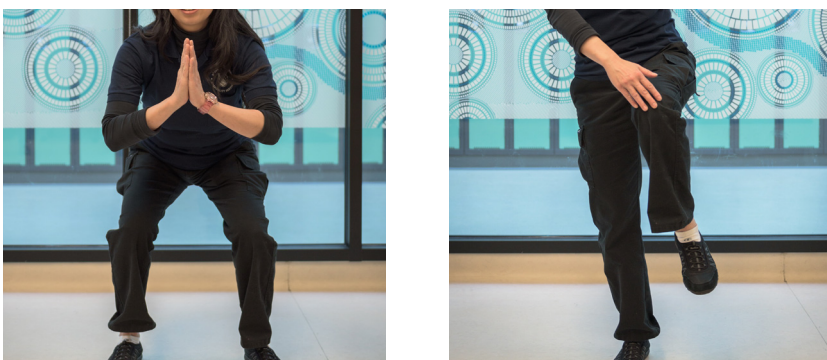
1. Start with arms at your side
2. Bring the arms back behind you, then up overhead to make a big circle as you return the arms to your side (*keep thumbs pointing toward the ceiling*)
3. Repeat 10x forward rotation and 10x backward rotation

Thoracic rotations



1. Place hands on top of shoulders
2. Keep feet planted and rotate your upper body/trunk to one side and then the other side
3. Repeat going back and forth (*keep the elbows opened wide*)

Squat & knee touch



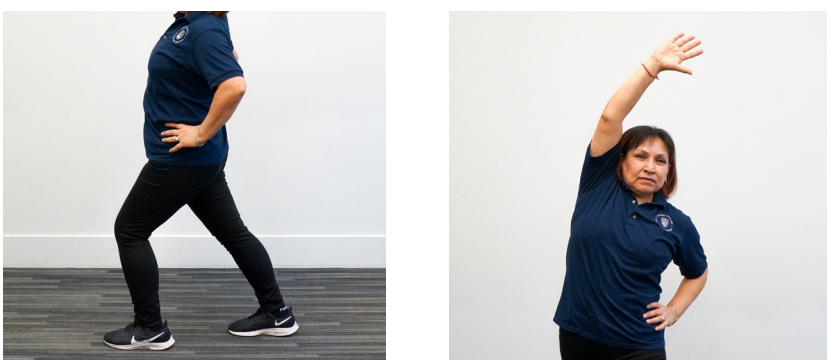
1. Start by sitting back into a squat (*keep back straight and don't let knees go over toes*)
2. As you stand up, lift one knee and touch opposite hand to knee
3. Step back down, and squat again
4. Repeat on opposite side

Ankle Circles



1. Balance on one leg (*can hold on for balance if needed*)
2. Rotate elevated ankle around in circles (*both directions*)
3. Repeat on opposite side

Hip Flexor Stretch



1. Step one foot backwards
2. Push your hips forward, keeping your back leg straight
3. Repeat on opposite side

Progression: Raise your arms above your head and lean sideways away from back leg

Sun Salutations



1. Stand normally with feet shoulder width apart
2. Bend your knees to sweep your hands forward beside your feet
3. Continue the circular motion with your arms as you stand back up, ending with your arms straight above your head
4. Extend your back to look farther behind you, pushing your hips forward
5. Repeat

