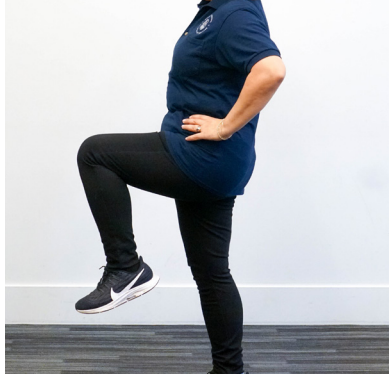


# WARM UP TO WORK

## Slow March



1. Engage your core and prepare for balance. Slowly lift one knee up towards your chest while keeping your hips stable and level
2. Lower your leg back to standing
3. Repeat on opposite side

**Progression:** Wrap your hands around the front of your knee and pull towards your chest, balancing for a few moments before lowering

## Side Bends



1. Lean sideways to reach one hand to touch the side of the knee
2. Repeat on opposite side

**Progression:** Reach opposite arm overhead

## Median and Radial Nerve Glides



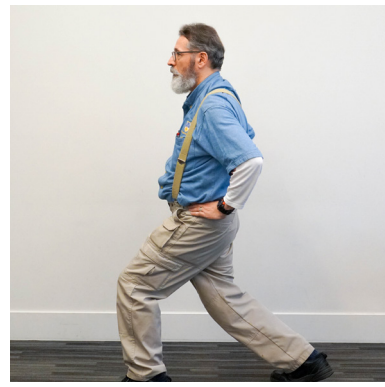
1. Hold one hand, palm facing up, at shoulder level with elbow bent
2. Look away from hand
3. Extend your elbow, pushing your palm away from you at shoulder height, while turning your head to look at your hand
4. Repeat on opposite side

**Progression:** Alternate between sides with both arms and head moving back and forth

1. Hold one hand, palm facing down, at shoulder level with elbow bent
2. Look away from hand
3. Extend your elbow with your arm down at 45°, pushing your hand down and backwards, while turning your head to look at your hand
4. Repeat on opposite side

**Progression:** Alternate between sides with both arms and head moving back and forth

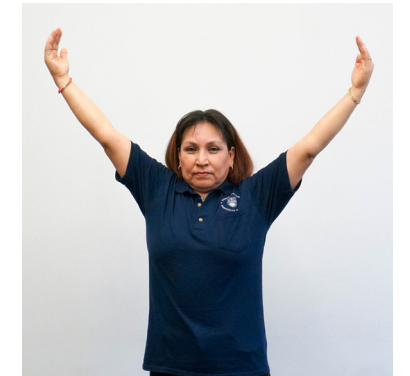
## Reverse Lunge



1. Step one foot backwards and lower into a lunge
2. Stand up and bring foot back to standing
3. Repeat on opposite side

**Progression:** In lunge, raise your arms to shoulder level and twist your torso to either side

## Ts and Ys



1. Raise arms up in "T" position
2. With your thumbs facing backwards, squeeze your shoulder blades together, pulling your arms backwards
3. Raise arms up into a "Y" position and repeat above step
4. Repeat

**Progression:** Perform the above steps in leaned over position

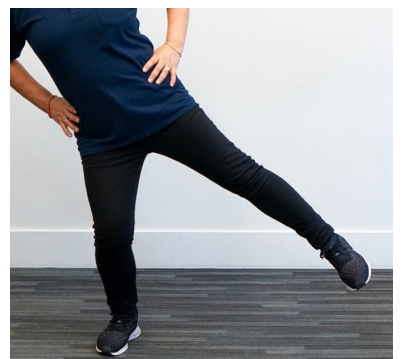
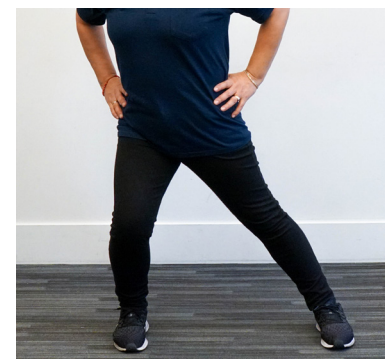
## Nose to Armpit



1. Reach one hand over to hold opposite of head
2. Point your nose towards the armpit of your raised arm and pull gently
3. Repeat on opposite side

**Progression:** Reach opposite arm behind back during stretch

## Side-to-side Weight Shift



1. Stand with feet slightly wider than shoulder width apart
2. Shift your weight from side to side

**Progression:** Lift unweighted foot off the ground

