

# WARM UP AND STRETCH





# The Warm Up

It is important to warm up your muscles BEFORE you stretch and BEFORE you engage in physical work. Repeat this squat slowly, 10 times.

#### Stretching Sequence

It is important to stretch BEFORE, AND DURING physical work (Approximately every 1/2 hour)



Neck Stretch Hold for 5 seconds on each side



Top of Forearm Hold for 5 seconds



Underside of Forearm Hold for 5 seconds



Shoulder Stretch Hold for S seconds on each side



Side Stretch Hold for 5 seconds on each side



Back Twist Stretch Hold for 5 seconds on each side



Back Extension Stretch With hands on hips arch your back & look up at the ceiling. Hold for 5 seconds.



Forward Bend Stretch With knees slightly bent, bend forward with arms hanging, Hold for 5 seconds.



Quadriceps Stretch Hold for 5 seconds on each side



Hamstring Stretch Hold for 5 seconds on each side

# **Warehouse Manual Handling Stretches**

Ernst F. Bolten

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