

MEGAN LAUTZ, MS, RD, TSAC-F

DYNAMIC WARM-UP

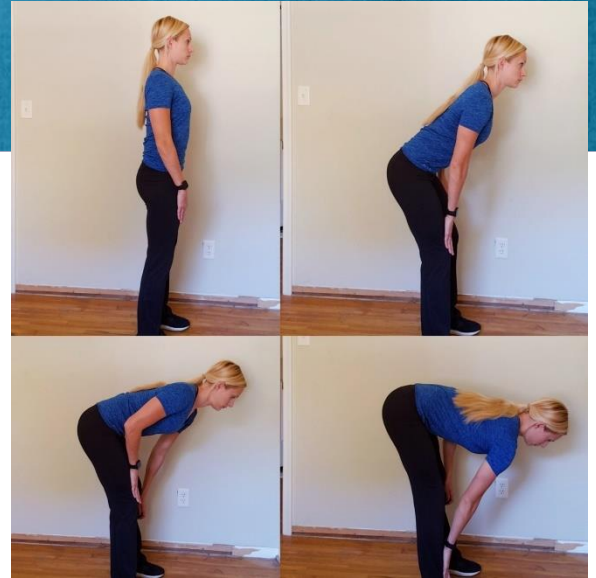
PERFORM 10 REPS ON EACH SIDE

A dynamic warm-up involves movement based stretching to help warm up the muscles before a shift or throughout the work day. Warming up can help reduce stiffness and increase flexibility, which helps prevent injury.



HALF SQUAT

Sit back into a half squat with arms extended out in front of you.



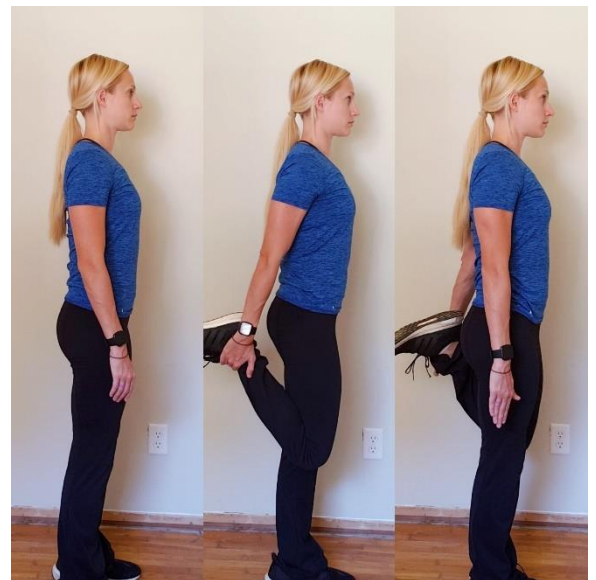
WALKOUTS

Alternating hands down the leg, pushing your hips back.



KNEE TO CHEST

Gently hug the knee to the chest, alternating legs. If you can't reach, alternate knee lifts without the pull.



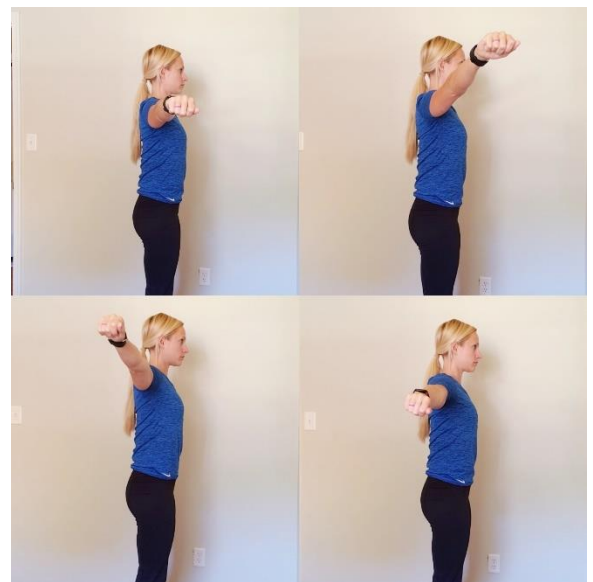
ANKLE TO HIP

Gently grab the ankle, pull towards hip. If you can't reach, slowly alternate kicks without grabbing the ankle.



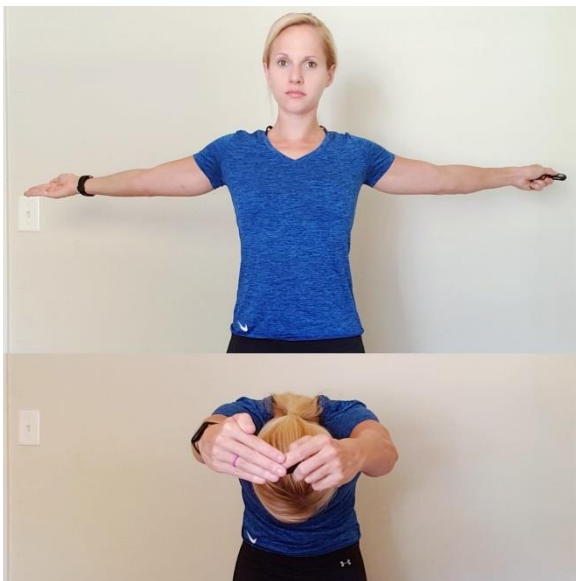
AROUND THE WORLD

With a slight bend in the knee, rotate the hips both clockwise and counterclockwise.



SHOULDER CIRCLES

With arms out to your sides, rotate the shoulder clockwise and counterclockwise.



REACH TO HUG

Gently reach the arms back at shoulder height, then reach forward bringing the chin to the chest.



SHOULDER REACH

Reach the arms overhead, stretching towards the ceiling. Alternate arms.

WHAT IF I HAVE TROUBLE PERFORMING ONE OF THESE MOVEMENTS?

If you are having trouble performing some of these movements, try only going halfway. For example, only walk your hands down to knee height for walkouts.

SHOULD I HOLD THE STRETCH?

You can hold the end range of these movements if you wish. For warm-up purposes, a 1-2 second hold is recommended.