



Warm Up #2

Movement	Repetitions	Rationale
<p>Heel Lifts Inhale and exhale lifting heels up, inhale lowering down.</p> <p>As heels come up, inhale with arms coming overhead in a “V”, exhale and lower heels, bringing elbows behind back creating a “W”.</p>	<p>8X</p> <p>8X</p>	<p>Increase blood flow from lower legs to upper body.</p> <p>Focus on squeezing the calves when lifting heels.</p>
<p>Shoulder Rolls With hands on shoulders, elbows pointing forward, out to the sides, back and down. Reverse direction.</p>	4X	Release tightness/tension in the shoulder and neck area.
<p>Log Rolls Extend arms out to a T, palms facing up, then down. Alternate one palm up, one down.</p>	<p>4X</p> <p>4X</p>	<p>Pronation and supination of extended arms and hands.</p> <p>Mental activity.</p>
<p>Single Shoulder Rolls With hands resting on thighs, rotate one shoulder back, alternating. Reverse direction.</p>	2-4X each side	<p>Stretch neck</p> <p>Release tight muscles</p>
<p>Toe & Heel Lifts As lift toes, add bicep curls; lifting heels, add tricep extension</p>	<p>4X</p> <p>4X</p>	<p>Warm up ankles</p> <p>Boost circulation</p>
<p>Elbows Forward and Back With hands on shoulders, elbows pointing forward, inhale bringing elbows back, exhale bringing elbows together in front.</p>	4X	<p>Open chest with deep breathing.</p> <p>Move chin down to chest as elbows come forward, look up to the sky as pull elbows back.</p>
<p>Side Elbow Lift and Lower Hands on Shoulders Bring elbows back to open up chest, inhale raising elbows up, exhale lowering down</p>	4X	<p>Open chest with deep breathing</p> <p>Activate thoracic spine</p>
<p>Ear to Shoulder With hands resting on thighs, palms facing up, inhale center, exhale drop ear towards shoulder, both sides.</p>	2X	<p>Stretch neck</p> <p>Shoulder release</p>

<p>Neck Roll With hands on thighs, palms facing up, ear towards shoulder, roll chin towards chest bringing opposite ear towards opposite shoulder.</p>	<p>2-4X</p>	<p>Release neck tension Increase ROM</p>
<p>Merry Go Round Small circles with feet, circling feet upward and outward. <i>Option: Move feet in a figure 8 or infinity sign</i> Add wrist circles.</p>	<p>2-4 X Reverse Direction</p>	<p>Prepare legs for greater movement Complex movement challenges body & brain. Lubricates wrist joints.</p>
<p>Walking Arms Breath rhythmically throughout <i>Option: open and close hands to lubricate finger joints and challenge neuromuscular system.</i></p>	<p>10 X or ~ 10 seconds</p>	<p>Loosen upper back, release tension Shoulder flexion & extension ADL Mental Wellness: Add Walking Arms to Slide Walking and Marching (opposite arm of extended leg)</p>
<p>Hip Hinge Hands resting on thighs, Inhale and exhale bending forward from hips, flat back, coming down only as far as comfortable; inhale coming back up. May use arms to help push back up.</p>	<p>4X</p>	<p>Activate posterior muscles and lower back; upright posture; falls reduction strategy; squat and bend properly to pick up an object.</p>

Time: 4-5 minutes