

Stay Fit For Work Move Better, Work Better, Live Better



These warm-up and stretching exercises cover the range of motions common to our work. Regardless of the type of UBC work you do, these exercises can help you move better, work better, live better.

Start with the warm-up and follow with the stretches. Do them regularly, before work or after work.

If you have any questions about your ability to perform an exercise, check with your doctor.



Provided by the UBC International Sisters in the Brotherhood Committee (www.carpenters.org/Sisters)

Warm-Up Exercises

The neutral standing posture is the starting position for exercises.

Use the pelvic tilt to stretch the lower back and to maximize the effects of specific lower-body stretches.

Neutral Standing Posture (side-to-side stance)

Feet hip-width apart, side-to-side, knees slightly bent.

Head in neutral position (head up, place index finger on chin and gently push chin in).

Shoulders back, chest up, back neutral (natural s-curve of the spine).

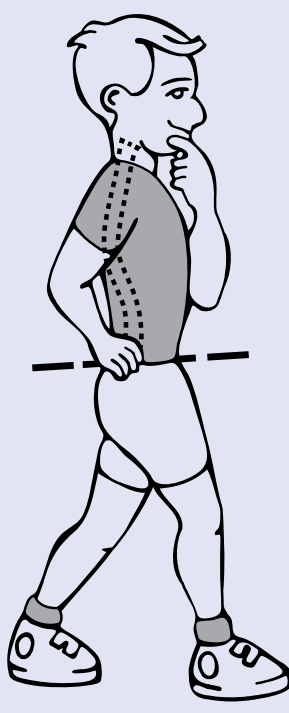


Neutral Standing Posture (front-to-back stance)

Feet hip-width apart, one foot in front and one in back.

Head in neutral position (head up, place index finger on chin and gently push chin in).

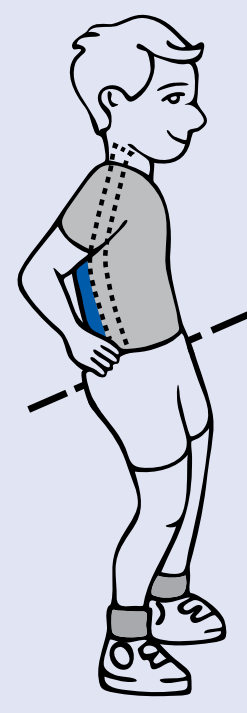
Shoulders back, chest up, back neutral (natural s-curve of the spine).



Pelvic Tilt

Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

Move hips forward, tightening buttocks and abdomen (back should be flat, no arching).



Arm Circles

Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

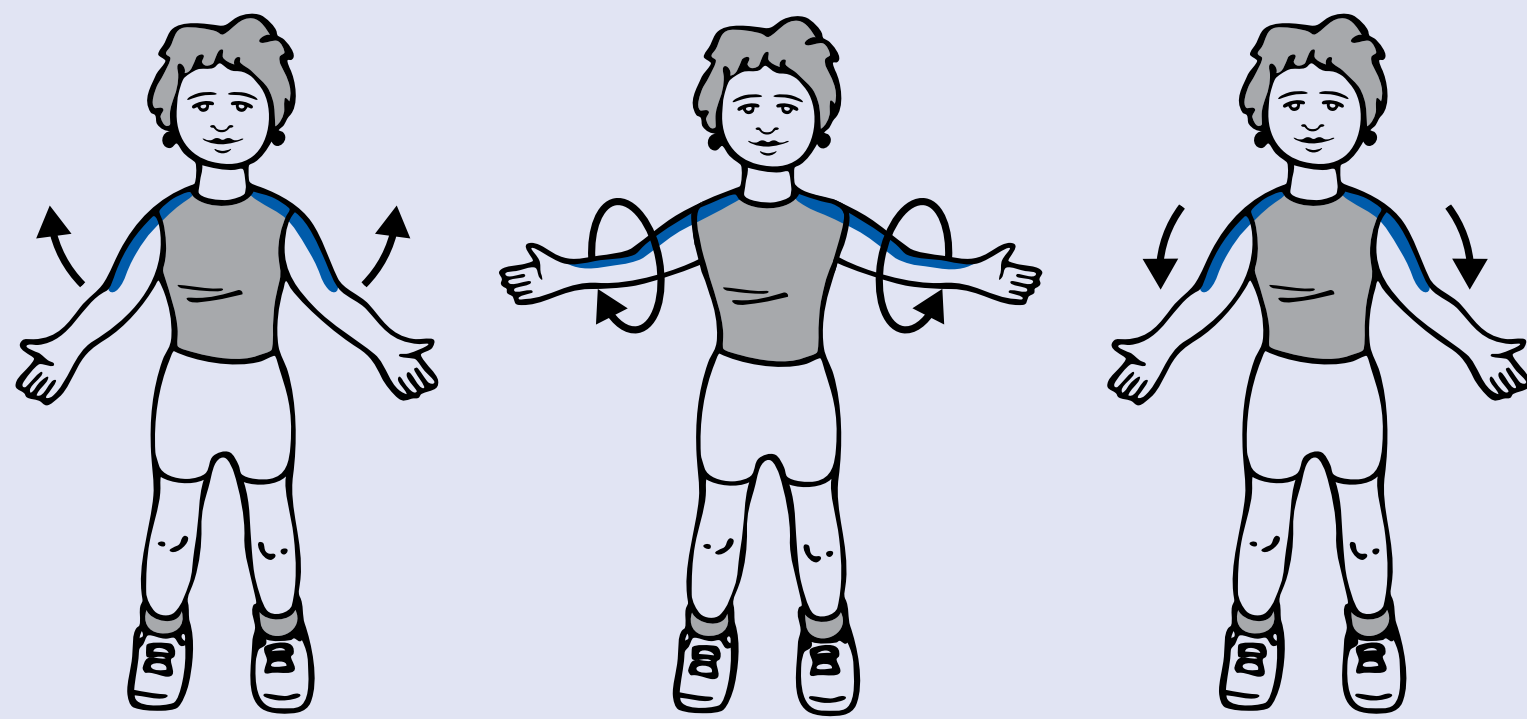
Have palms facing forward.

Extend your arms and rotate in small forward circles.

Do this 15 times.

Rest a moment.

Repeat, rotating in backward circles.



Arm Crossovers

Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

Put your arms out in front of you, with palms facing each other.

Squeeze your back together while pulling your arms back to your side, parallel with floor, opening up your chest.

Bring arms forward and cross the left arm over the right.

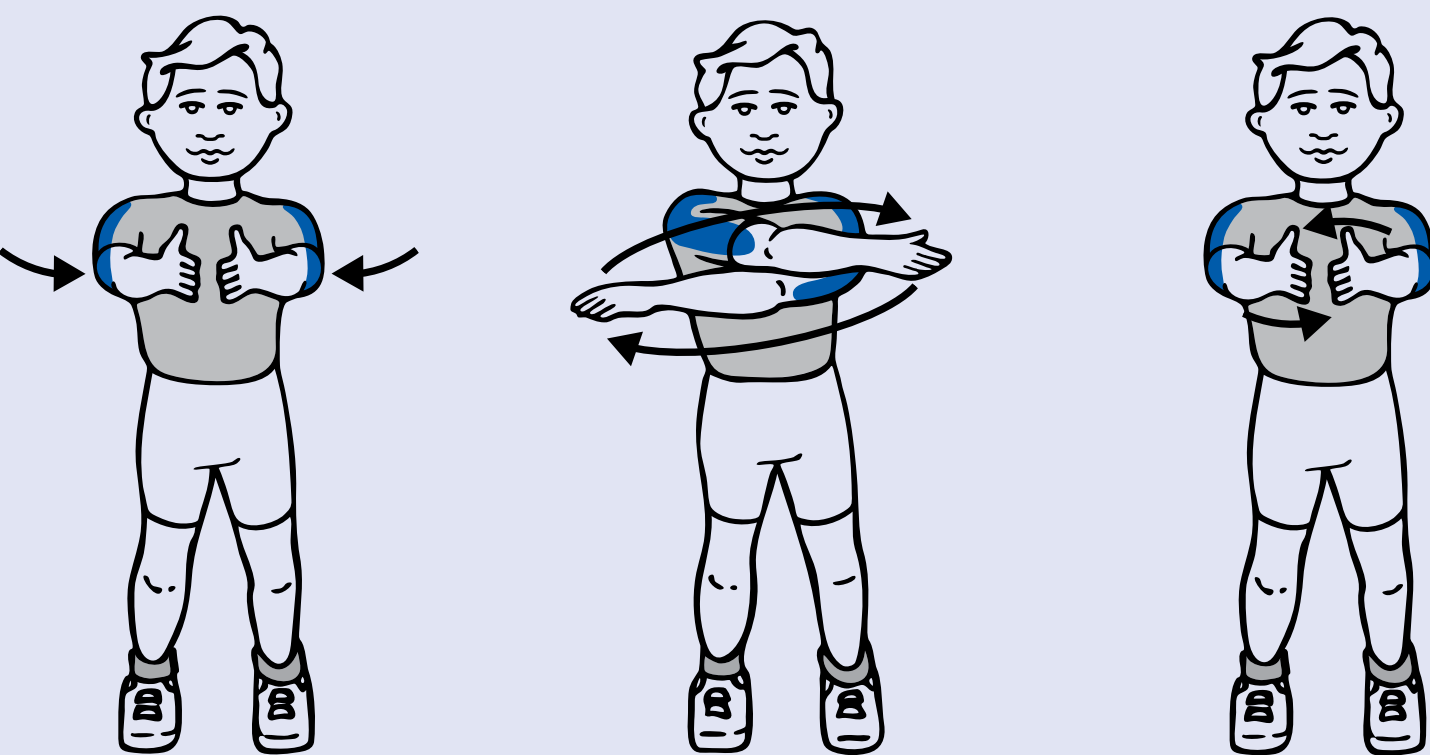
Move arms back to side position.

Alternate top position with left and right arms.

Do this 15 times.

Rest a moment.

Repeat.



Forward Bend and Twist

Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

Extend your arms to the side, palms facing forward.

Bend forward, keeping your back straight.

Twist to the left, reach left arm toward right foot.

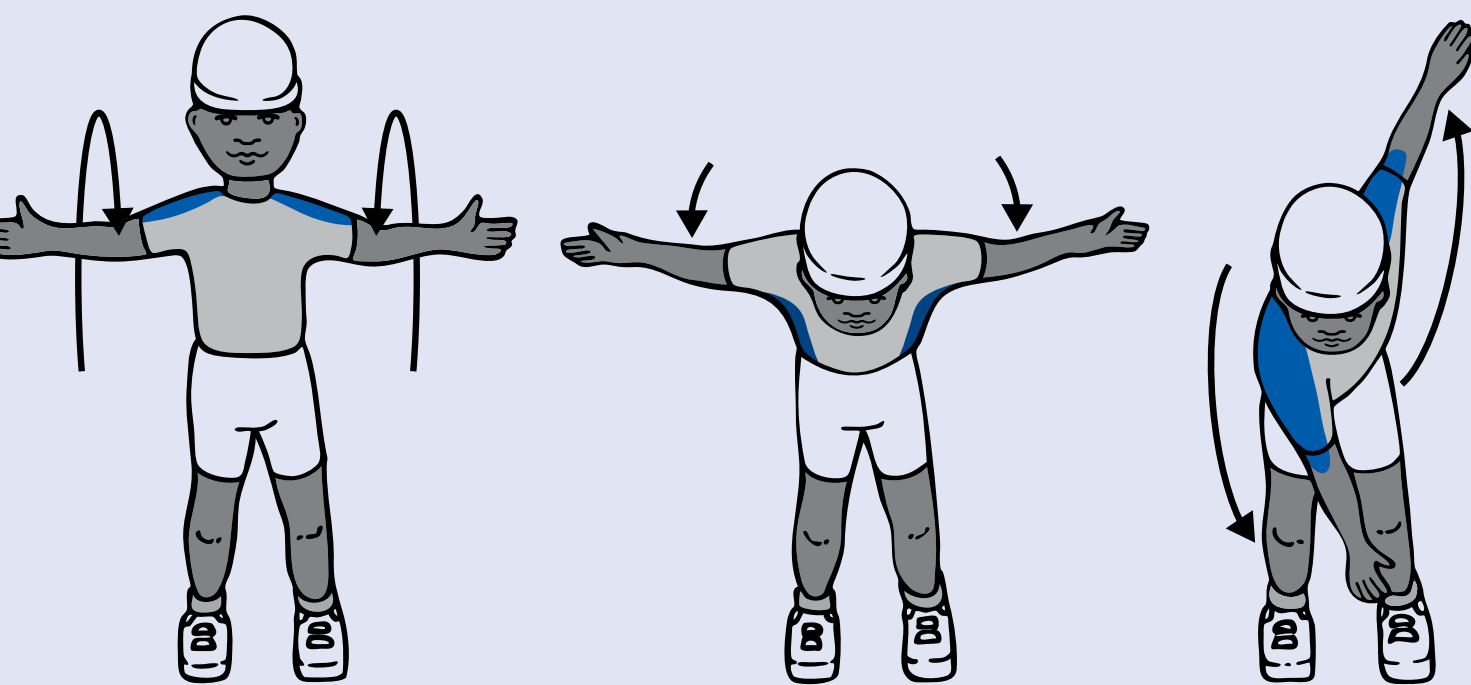
Alternate twist direction between left and right.

Do this 15 times.

Return to neutral standing position.

Rest a moment.

Repeat, starting with a twist to the right.



Leg Swings

Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

Lean on a wall or solid support object with one outstretched hand.

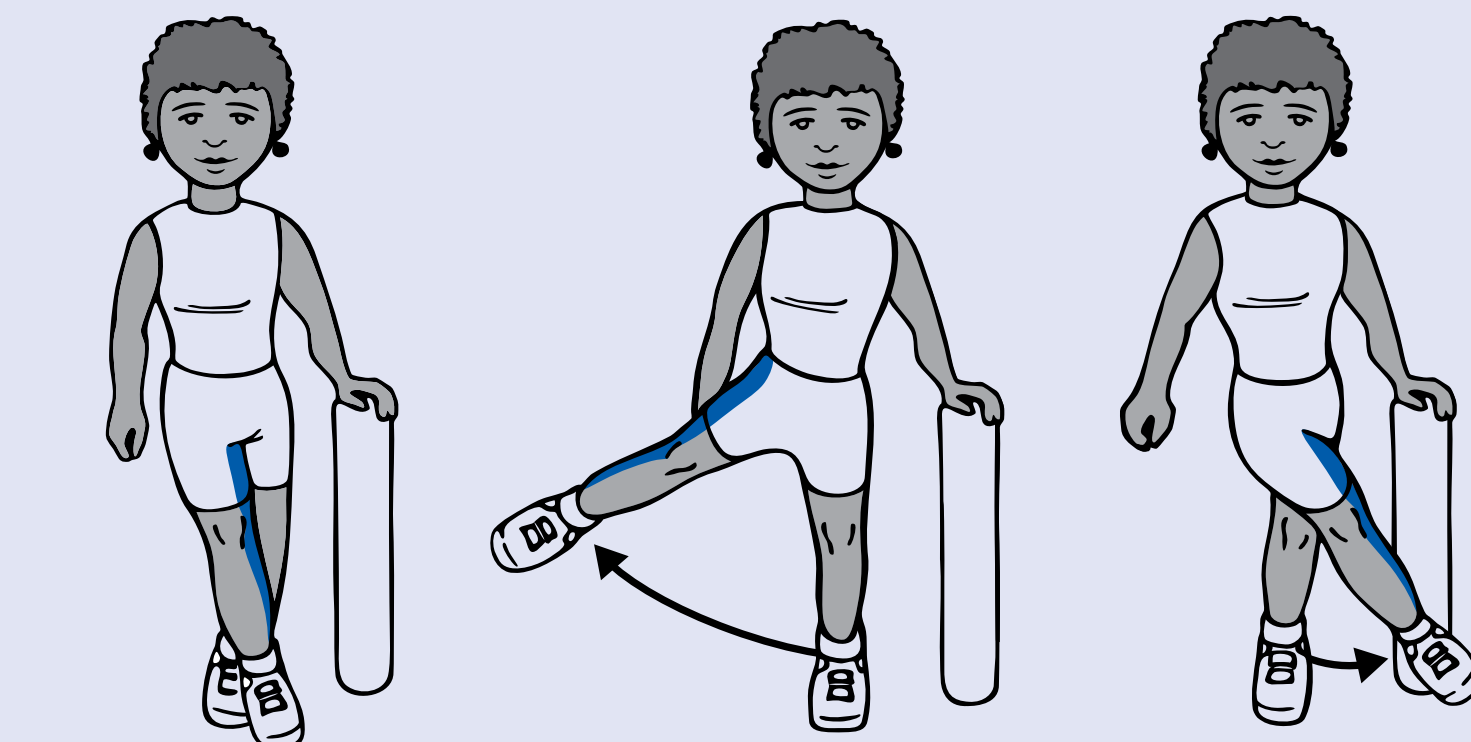
Lift one foot in front of the other, kicking out to the side and coming back over, in front of and past the other foot, like the motion of a pendulum.

Do this 15 times.

Rest a moment.

Turn around.

Repeat, beginning with the other leg.



Butt Kicks

Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

Bend the left knee and kick back through the hip.

Alternate legs, like you are doing an exaggerated version of jogging in place.

Do this 15 times.

Rest a moment.

Repeat, beginning with the other leg.



Arms & Upper Body Stretches

Head Drops (neck)

Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

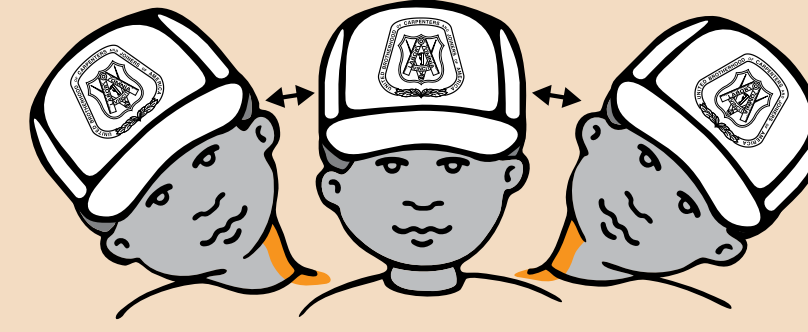
Gently tilt head to one side toward shoulder, without twisting your neck, or raising your shoulder.

Hold for 15 seconds.

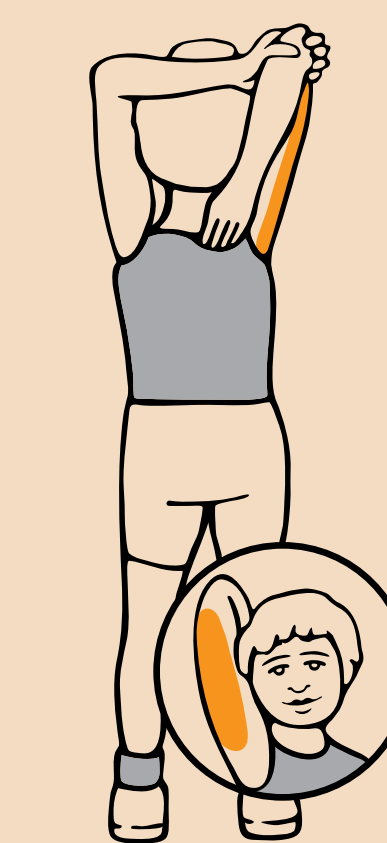
Return head to neutral position.

Repeat the other side.

Tip: When tilting your head, move the ear directly toward your shoulder.



Triceps Stretch (back of upper arms)



Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

Raise one arm overhead, reach for the ceiling.

Bend elbow and put arm down the back with the palm flat against back.

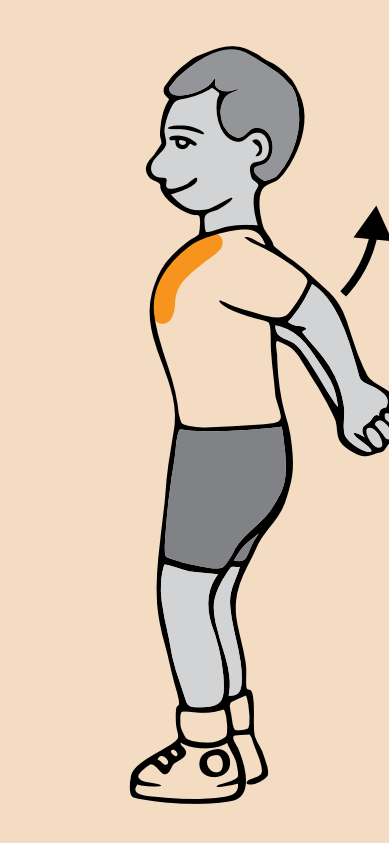
Use the other hand to gently pull the elbow in to increase the stretch.

Hold for 10 seconds.

Repeat the other arm.

Tip: Keep head up and chin in.

Chest Stretch (chest, front of shoulders)



Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

Clasp hands behind back.

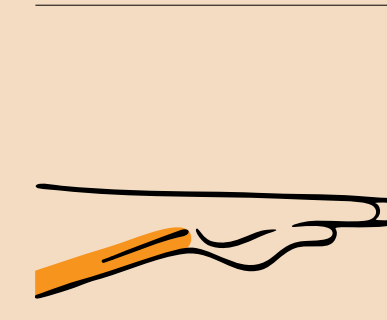
Draw shoulder blades down and back. Lift hands away from the body to feel the stretch at the front of the chest.

Hold for 10 seconds.

Tip: If clasping hands is uncomfortable, place hands on lower back, fingers down.

Forearm Stretch (hand, wrist, forearm)

Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.



Hold both arms out straight in front of you, with your palms facing down.

Make a loose fist with your hands.

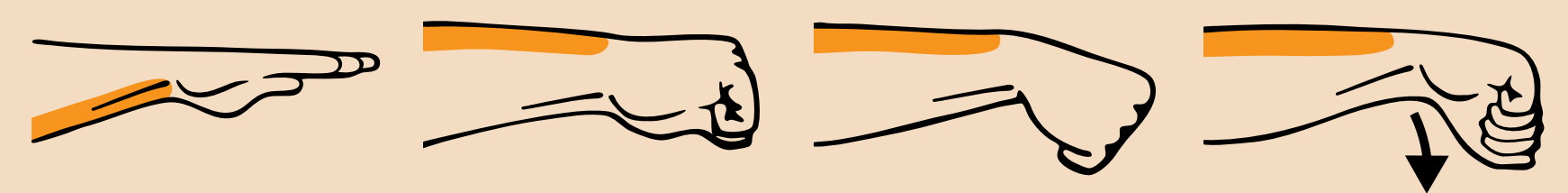
Slowly and gently bend your fists down towards the floor. Your knuckles should be pointing towards the floor.

Slowly and gently rotate your fists to point your thumbs at the floor.

Hold for 5 seconds.

Relax and shake out your hands and arms.

Tip: You should feel a stretch from the topside of the wrists out to the elbow.



Back & Lower Body Stretches

Cat Stretch (lower back)



Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

Point toes out slightly.

Lower your body while sliding hands down thighs almost to knees (fingers pointed in, elbows slightly bent).

Keep back neutral to maintain natural s-curve of spine.

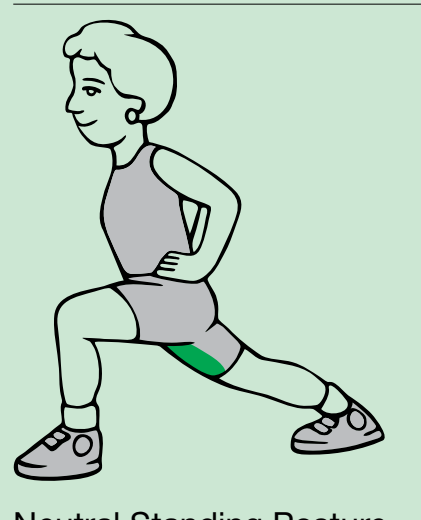
Move hips forward, tightening buttocks and abdomen (back should be flat, no arching).

Push out on upper back, curl shoulders forward, like a stretching cat.

Hold for 10 seconds.

Tip: To make this exercise easier, put both hands on a chair-back or table.

Hip Flexor Stretch (front of upper thighs)



Neutral Standing Posture (front-to-back stance): one foot in front and one in back, shoulders back, chest up, back neutral.

Place hands on hips.

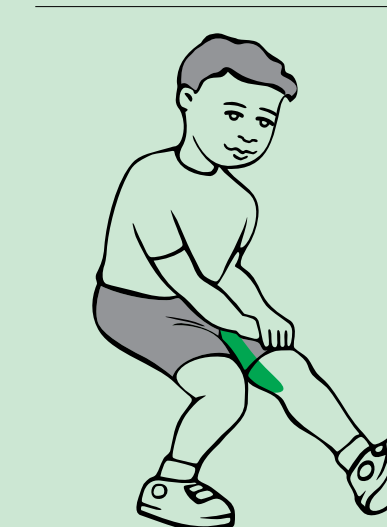
Gently bend front knee, keeping back foot flat on the floor.

Hold for 10 seconds.

Repeat the other leg.

Tip: If stretch is not felt or movement is uncomfortable, place front foot on a chair or bench and perform the above movement.

Hamstring Stretch (back of legs)



Neutral Standing Posture (front-to-back stance): one foot in front and one in back, shoulders back, chest up, back neutral.

Place hands on thigh of front leg, keeping knee slightly bent

Pull toe of foot upward

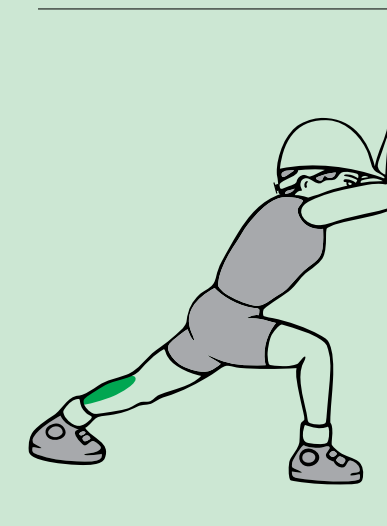
Gently lean forward to stretch back of front leg

Hold for 10 seconds.

Repeat the other leg.

Tip: If stretch is still not felt or movement is uncomfortable, perform with front foot on a chair or other slightly raised object.

Calf Stretch (calves)



Neutral Standing Posture (front-to-back stance): one foot in front and one in back, shoulders back, chest up, back neutral.

Stand slightly away from a solid support and lean on it with both outstretched hands.

Bend the forward leg and place the other leg straight behind you.

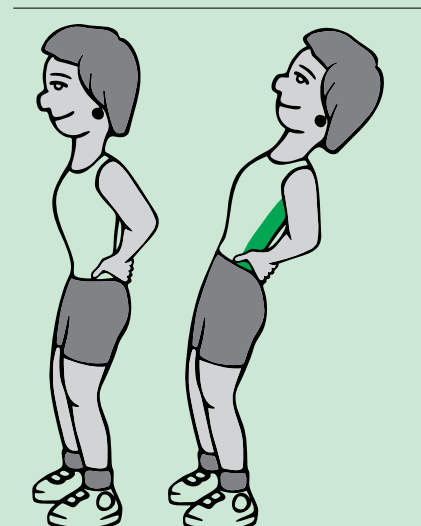
Slowly move your hips forward, keeping the heel of the back leg on the ground.

Hold for 10 seconds.

Repeat the other leg.

Tip: This stretch can also help relieve heel discomfort.

Backbend (lower back)



Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

Place hands on hips.

Look straight ahead (don't throw your head back).

Slowly and gently bend backwards.

Hold for 5 seconds.

Tip: Do not hold your breath. You should feel tension, not pain, in your lower back.

Standing Quadriceps Stretch (front of thighs)



Neutral Standing Posture (side-to-side stance): feet hip-width apart, knees slightly bent, shoulders back, chest up, back neutral.

Stand slightly away from a solid support and lean on it with one outstretched hand.

Bend one knee to lift a foot up behind you, grasping your ankle with your hand.

Hold for 10 seconds.

Repeat the other leg.

Tip: If you can't grasp your ankle, try for a pant leg.