

WARM-UP EXERCISES

Perform these warm-up exercises in the standing position.

- 1. Neck Rotation:**
Assume upright head / neck posture. Turn head toward right side. Hold two seconds. Turn head toward left side. Hold two seconds. Repeat 10 times.
- 2. Neck Side Bends:**
Assume upright head / neck posture. Tilt head toward right shoulder. Hold two seconds. Then slowly tilt head toward opposite shoulder. Hold two seconds. Repeat 10 times.
- 3. Shoulder Circles:**
Roll your shoulders in a smooth motion up, back and down. Repeat 10 times.
- 4. Arms Forward and Up:**
Raise both arms straight forward and up towards the ceiling. Then lower your arms forward and down. Relax. Repeat 10 times.
- 5. Arms Out to the Side and Up:**
Raise both arms straight out to the side and up towards the ceiling, bringing your upper arms next to your ears. Lower your arms to your sides and relax. Repeat 10 times.
- 6. Trunk Side Bends:**
Bend your trunk to one side reaching towards the floor, then straighten up and bend to the other side. Arms should be relaxed at your sides. Do not lean forward. Repeat 10 times to each side.
- 7. High-Stepping:**
Lift your knee up as high as your waist, then down. Alternate legs. Repeat 10 times for each leg.
- 8. Heel Lifts:**
Lift up high on your toes, then return to foot flat. Perform this exercise slowly. Repeat 10 times. When you can do this exercise easily, do it with your arms straight forward at shoulder level.

Please Note:

Your physician must clear you before beginning any exercise program. This program is not a substitute for medical care.

RATING OF PERCEIVED EXERTION

**warm-up/
cool down
2-4 minutes**

6

7 VERY, VERY LIGHT

8

9 VERY LIGHT

10

11 FAIRLY LIGHT

**Exercise
22 minutes**

12

13 SOMEWHAT HARD

14

15 HARD

16

**TOO MUCH!
SLOW DOWN!**

17 VERY HARD

18

19 VERY, VERY HARD

20