

STRETCHING PROGRAM

STRETCH YOUR BODY WHILE PLANNING FOR THE DAY



WHY SHOULD WE STRETCH? There are many benefits to taking time to stretch your muscles. Stretching will:

- *Prepare your body for work activities
- *Promote circulation
- *Reduce the incidence and severity of injuries
- *Increase your flexibility
- *Improve your range of motion
- *Delay the onset of muscle fatigue
- *Decrease muscle tension and increase relaxation
- *Enhance muscle coordination
- *Increase team morale
- *Increase body awareness
- *Increase your flexibility

STRETCHING GUIDELINES

Always begin in a relaxed, neutral body position with your chest slightly lifted and your feet shoulder width apart, knees slightly bent. Keep your back straight by contracting your abdomen.

Do the stretches at your pace and ability.

Stretch to the point of comfortable tension, then relax and hold the stretch. Avoid straining. If muscles begin to shake, slightly relax your stretch.

If the stretch creates pain in the joint area, stop your stretching and make sure your technique is correct. You may need to try an alternative stretch to target those muscles.

Move into each stretch slowly! Hold stretches for 10-15 seconds. Do not bounce while holding stretch.

Keep breathing normally while you hold your stretch. Breathing helps your muscles relax.



1
WARM-UP
MARCHING IN PLACE
SWING ARMS



2
REACH FOR THE SKY!
UP ON YOUR TOES



3
HANDS BEHIND HEAD
WITH YOUR ELBOWS
OUT



4
OVER THE TOP
LEFT OVER RIGHT AND
RIGHT OVER LEFT



5
TRUNK TWIST LEFT



6
TRUNK TWIST RIGHT



7
SHOULDER ROLLS
FRONT TO BACK AND
BACK TO FRONT



8
CHIN TUCK



9
ARM ROTATIONS
ROTATE ARMS IN CIRCLES,
BOTH DIRECTIONS



10
WRIST FLEX UP
WITH EACH WRIST



11
FLEX WRIST DOWN
WITH EACH WRIST



12
HULA HOOP
ROTATE AT WAIST,
BOTH DIRECTIONS



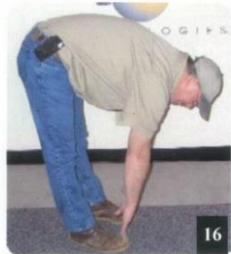
13
STRETCH BACK



14
TOE TOUCH-STEP 1
HANDS DOWN TO KNEES



15
TOE TOUCH-STEP 2
HANDS DOWN TO SHINS



16
TOE TOUCH-STEP 3
HANDS DOWN TO TOES



17
TOE TOUCH-STEP 4
HANDS BACK UP TO SHINS



18
TOE TOUCH-STEP 5
HANDS UP TO KNEES



19
STRETCH BACK



20
LEFT OVER RIGHT
KNEES TO SHINS TO
TOES TOUCH



21
RIGHT OVER LEFT
KNEES TO SHINS TO
TOES TOUCH



22
STRETCH BACK



23
SHALLOW LEG STRETCH
LEFT AND RIGHT LEGS



24
DEEPER LEG STRETCH
LEFT AND RIGHT LEGS



25
STRETCH BACK

Stiff after a break?
Try a warm up
(#1 above)
and then pick two
or three stretches
that best simulate
your next task.

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