

FLEX & STRETCH PROGRAM



Why do we stretch?

Daily stretching benefits your health and aides in:

- Preparing the body for physical work activities
- Increasing your flexibility and promoting circulation
- Decreasing muscle tension and increasing relaxation
- Improving range of motion and body awareness
- Delaying muscle fatigue and reducing frequency and severity of injuries
- Increasing team morale
- Preventing and reducing the risk of injury

Some tips before you begin:

Stand

Stand with your shoulders relaxed, feet shoulder-width apart, knees slightly bent, back straight and your abdomen engaged.

Hold

Hold each stretch for 10-15 seconds.

Breathe

Don't hold your breath – breathe slowly and rhythmically in a relaxed manner.

Stretch

Stretch just beyond the point of natural tension.

Do Not Bounce

Do not bounce while you are stretching.

Do

Do the stretches at your own pace and don't compete with others.



Perform stretches at your own pace and ability – don't compete.



Avoid straining while performing any stretches and relax before the next stretch.



Stretch to the point of comfortable tension – stretches should not be painful.



If you experience pain in the joint area, stop the stretch and confirm you are doing it correctly.

Upper Trunk Stretch



1. With your knees slightly bent, place your hands on the back of hips with fingers pointing downwards.
2. Slowly arch the upper body backward to a comfortable position. Hold for 10 seconds while continuing to breathe.
3. Return to neutral position and repeat two more times.

Target: Lower back and abdominals. Good for equipment operators and laborers.

High Reach Stretch

1. Raise the top of your shoulders towards your ears, slowly raise your arms to a fully extended position above the head and lift the body onto the toes.
2. While reaching high, extend and spread the fingers.
3. Hold the position for 10 seconds then slowly lower your arms back down into a neutral position.



Target: Biceps, lats, forearms and muscles that support the spine. Good for using hand tools and light lifting tasks.

Wrist Flexor Stretch

1. Stretch your arm out in front of you with your elbow straight and palm facing away.
2. With your other hand, gently pull your fingers backwards and hold for 15 seconds.
3. Switch sides and repeat two more times.

Target: Extensor muscles. Good for carpenters, maintenance workers, operators, and administrative personnel.

Calf Stretch

1. Place your hands on a wall and stagger feet two to three feet apart.
2. Keep back leg straight with the heel on the floor.
3. Lean into the wall until you feel a slight stretch in your calf and hold for 15 seconds.
4. Switch sides and repeat two more times.



Target: Calves and lower back muscles. Good for operators, maintenance workers and office/administrative personnel.

Neck Stretch

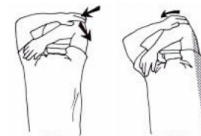
1. Relax your shoulders and slowly tilt your head to the side towards your right shoulder.
2. Repeat for each position (right, left, front and back) returning to the upright position between transitions.
3. Do this slowly and don't hold your breath.



Target: Triceps and shoulders. Good for light lifting, carrying or pushing.

Tricep Stretch

1. With knees slightly bent and legs shoulder-width apart, raise your arms overhead and hold the elbow of one arm with the hand of the other arm.
2. Gently pull the elbow behind the head and hold for 3-4 seconds while breathing normally.
3. Switch sides and repeat two more times.



Target: Triceps and shoulders. Good for light lifting, carrying or pushing.

Leg Stretch



1. Begin in a standing position with your knees slightly bent, heels flat, legs shoulder-width apart and toes pointed straight forward.
2. Slowly bend forward from the hips until you feel a slight stretch in the back of your legs and let your arms and neck relax.
3. Hold for 10-15 seconds and slowly roll back into a standing position.

Target: Hamstrings, lower back muscles and stability. Good for laborers, masons and mechanics.

Quadripec Stretch

1. With one left hand on a stationary object for support, grasp your right ankle with your right hand behind your hips.
2. Gently pull the ankle upward until you feel a slight stretch and hold for 10-15 seconds.
3. Repeat on opposite side.



Target: Quadriceps and helps body balance and ankle strength. Good for laborers and flaggers.

Lateral Stretch



1. Stand with feet shoulder-width apart, knees slightly bent, and toes pointed straight ahead.
2. Place one hand on your hip while you extend your other arm up and over your head.
3. Slowly bend at the waist towards the hand on the hip and hold for 10-15 seconds.
4. Repeat on the opposite side.

Target: Lats and triceps, plus shoulder mobility. Good for masons, riggers and machinists.

Shoulder Rotation Stretch

1. With your knees slightly bent, clasp your hands behind your back.
2. Slowly bend forward from the waist to a comfortable angle while lifting your arms up and behind your back.
3. Hold the position for one breath cycle and slowly return to an upright position. Repeat two more times.



Target: Shoulders and upper back. Good for carpenters and office workers.