

Warm-Up Exercises 9 - 16

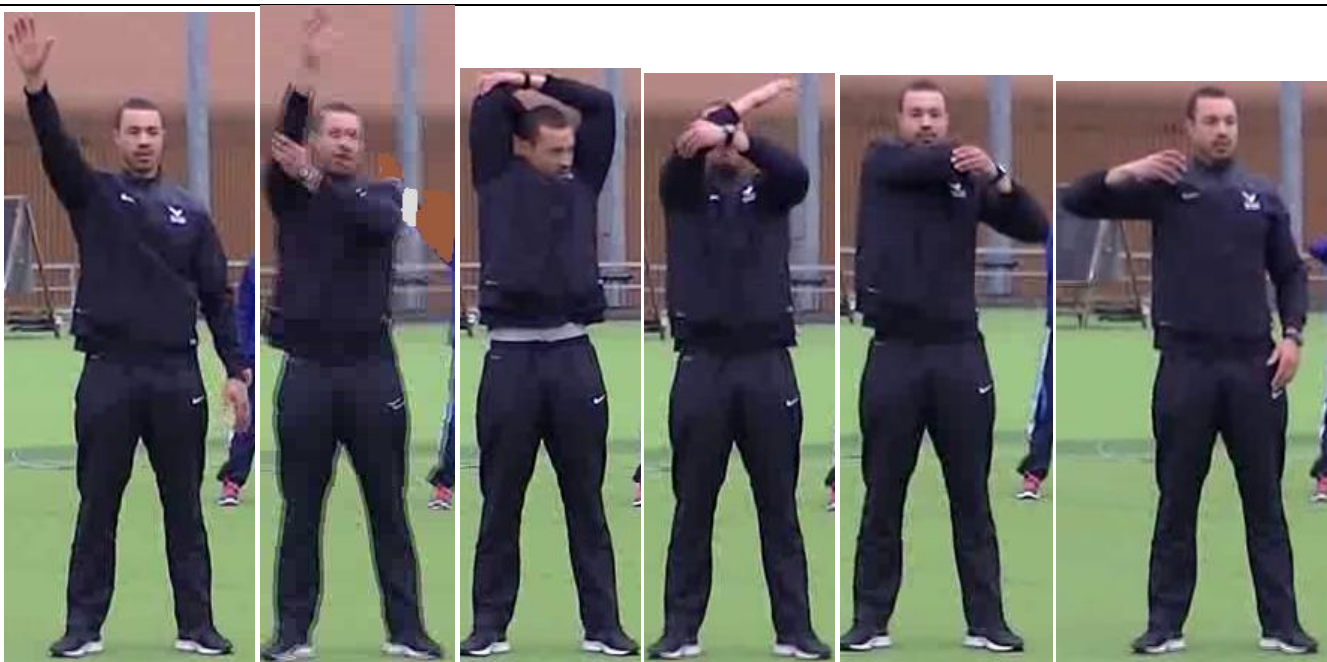
Exercise 9: Alternate scapula depressions - 6 reps

Start with feet slightly wide apart and hips and trunk strong. Slowly move one shoulder back and then down as far as it will go and feel the muscles work, then return to start position. Repeat the movement with the other shoulder. Repeat the whole movement 6 times.



Exercise 10: Behind back, across body, retraction sequence - 5 reps

Start with one arm straight up with the other holding the elbow, then bend the arm (that is straight) behind the head on the same side as that arm. Reach down with that arm pulling slightly with the other hand – don't hold that position. Then move the arm across the body to the other side of the head and reach as far as is comfortable pulling slightly with the other hand – don't hold that position. Finish with the arm miming the draw and release. Repeat on the other side with the other arm (down the back then across the shoulder then mime the draw and release). Do this whole movement on both sides 5 times.



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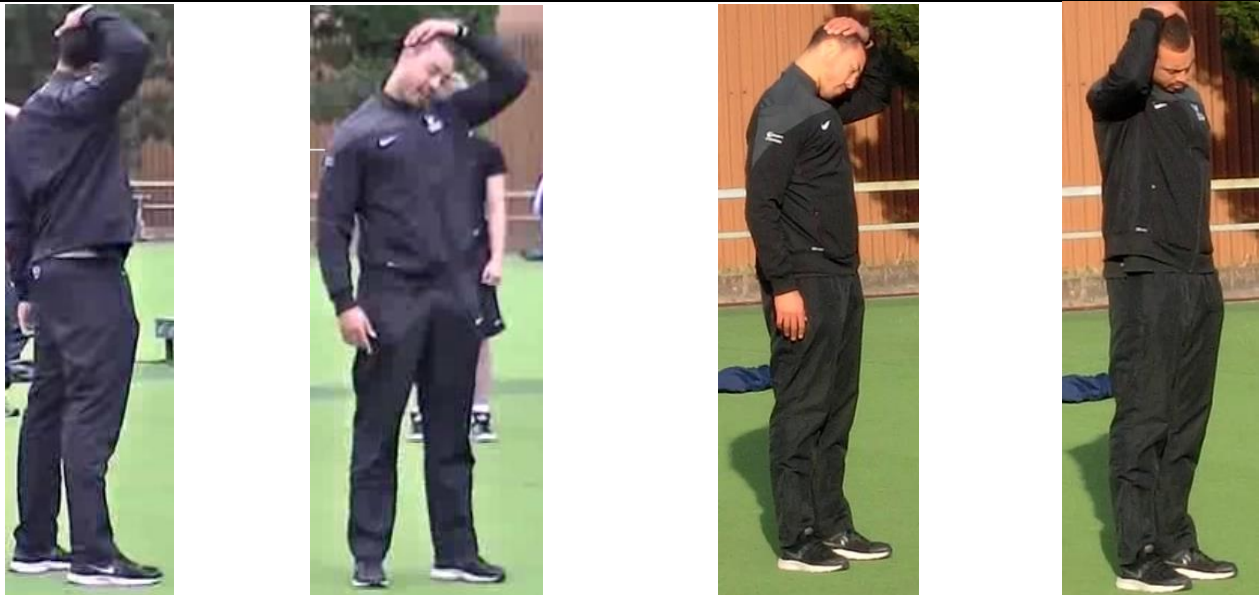
Exercise 11: Multi plane head movement sequence - 2 reps

Start with feet slightly wide apart and hips and trunk strong. Keeping the body still, look down at the floor, then look up at the sky, then come back to looking straight ahead. Look left, then right and back into the middle. Tilt head left, then right then back into the middle. Repeat the whole movement once more.



Exercise 12: Lateral Neck Stretches - 2 reps

Start with right hand on the left had side of the head and gently pull the head towards the right shoulder whilst lowering the left shoulder and arm as far as they will go. Hold for about 5 seconds. Then swop over and using the left hand, gently pull the head towards the left shoulder whilst lowering the right shoulder and arm as far as they will go. Then swop over and with the right hand on the back of the left hand side of the head, pull the head diagonally forwards to the right. Swop over and repeat on the left side. Repeat the whole movement once more.



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Exercise 13: Protraction reach and rotates - 5 reps

Start with hands linked together and palms facing you and with both arms out straight horizontally in front of you. Then push the shoulders and arms out as far as they will go, pulling the shoulder blades apart. Then keeping the hips and trunk still, rotate the arms fully to one side then fully to the other side – keeping the back stretched. Go back to the start position and bring the hands to the chest. Repeat the whole movement a total of 5 times.



Exercise 14: Chest openers to cross arm stretch - 8 reps

Start with arms down and out to the sides, then swing them forwards to create a cross in front of the face. Swing the arms down and back as far as they will go then bring them back up to create a cross in front of the face. Repeat the whole movement a total of 8 times.



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Exercise 15: Floor to Ceilings - 6 reps

Start with legs wide apart, then by bending the knees as little as possible, bend over to place the hand between the legs and as far back as possible. Then stand up and reach up to the sky and clench your buttocks. Repeat the whole movement a total of 6 times.



Exercise 16: Alternate toe touch rotations - 12 reps

Start with legs very wide apart then bend over forwards with the arms out to the side. Rotate the chest and arms to reach across with the right hand to touch the left foot with the left hand/arm high up behind you. Then rotate the chest and arms back to reach across with the left hand to touch the right foot and with the right hand/arm high up behind you. Repeat the whole movement a total of 12 times.

