



Industrial/ Operations Stretching Guide

Stretch	Photo	Instruction
Pelvic Tilt		<ul style="list-style-type: none">• Stand and let low back relax and tilt back.• Using abdominal muscles, pull the pelvis up allowing the back to flatten.• Perform 2 sets of 10 repetitions.
Hip Flexor Stretch		<ul style="list-style-type: none">• Step with one foot in front of the other. Bend front knee, while keeping the back leg as straight as possible.• Keep the torso upright and spine in neutral position.• Hold stretch for 20 seconds. Switch legs and repeat. Stretch each side a total of 2 times.
Deadlift		<ul style="list-style-type: none">• Place feet approximately shoulder width apart.• Keep feet flat and spine in neutral posture while hinging forward at the hips and then return to starting position.• Perform 2 sets of 10 repetitions.

<p>Static Lunges</p>		<ul style="list-style-type: none"> ● Place one leg back. ● Bend knee until it is approximately at ankle height. ● Remember to keep a neutral spine posture and the front knee behind the toe. ● Perform 2 sets of 10 repetitions on each leg, switching sides between sets.
<p>Spine Twist</p>		<ul style="list-style-type: none"> ● Start in a neutral position. ● While keeping hips still, twist to one side and then back to starting position and repeat on other side. ● Perform 2 sets of 10 repetitions on each side.
<p>Shoulder Blade Movers</p>		<ul style="list-style-type: none"> ● Pull shoulder blades together ● Place arms out in front of you and let the shoulder blades spread away from each other. ● Perform 2 sets of 10 repetitions.

<p>Shoulder Blade Lifts</p>		<ul style="list-style-type: none"> ● Place arms straight up overhead. ● Raise shoulders as high as you can. ● Lower shoulders as low as you can while still keeping arms overhead. ● Perform 2 sets of 10 repetitions.
<p>Mid-back Extension</p>		<ul style="list-style-type: none"> ● Stand up with spine in neutral position. ● Flex upper body forward, while maintaining neutral low back position. ● Engage abdominal muscles to lift chest upward. ● Perform 2 sets of 10 repetitions.
<p>Side Bend Stretch</p>		<ul style="list-style-type: none"> ● Stand up and reach one arm overhead. Bend to the side and hold stretch for 20 seconds. ● Perform stretch 2 times on each side

<p>Arm Stretch</p>		<ul style="list-style-type: none"> ● Reach one arm overhead and then bend elbow and grab it with other hand. ● Stretch by using hand to push down on the elbow and hold for 20 seconds. ● Perform stretch 2 times on each arm, remembering to switch arms between sets.
<p>Neck Stretch</p>		<ul style="list-style-type: none"> ● Place one hand on the opposite side of the head. ● Gently pull head to side to induce stretch. ● Hold stretch for 20 seconds. ● Perform stretch 2 times on each side.
<p>Forearm Stretch</p>		<ul style="list-style-type: none"> ● Hold arm straight out in front of you with palm facing upwards. ● Use other hand to pull fingers back where they are pointing to the ground. ● Hold stretch for 20 seconds. ● Perform stretch 2 times on each arm. Switching sides between sets.