

JULY 8, 2024



SAFETY

MONDAY[®]

STATIC STRETCHES



Shoulder Stretch



Toe Touch



Samson Stretch



Butterfly Stretch



Quadriceps Stretch



Cobra Stretch



Knee to Chest



Cat Stretch/Cow Stretch



Side Bend



Calf Stretch

DYNAMIC STRETCHES



Squats



High Knees



Leg Swings



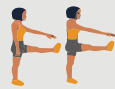
Lunges



Plank Walk-Outs



Arm Circles



Standing Toe Taps



Jumping Jacks



Butt Kicks



Hip Circles

Stretching

When your muscles are flexible, your joints move as they should and the structures that surround them get the proper blood flow, fluid and nutrients. Shoulders and hips suffer the most neglect; stretching helps to keep them healthy in your day-to-day activity, especially as you age.

Two Types of Stretches

Static Stretching

- ★ **Overhead Triceps Stretch:** Extend one arm overhead and bend it at the elbow, reaching your hand down your back. Use your other hand to gently push the bent arm.
- ★ **Biceps Stretch:** Extend one arm straight in front of you, palm facing up. Use your opposite hand to gently pull your fingers back. Repeat on the other side.

Dynamic Stretching

- ★ **Hip Circles:** Stand on one leg and gently swing your other leg in small circles out to the side.
- ★ **Arm Circles:** Stand with feet shoulder-width apart and hold arms out to the side at shoulder height. Circle your arms slowly, starting with small circles and working up to larger ones.

Remember to perform dynamic stretches before sports, weightlifting or cardiovascular exercises to reduce the risk of injury.



Content Provided By:
Micheal Baxter
Regional Safety Manager

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