



BASIC WARMUP

- Deep, relaxed breathing; *don't hold breath*
- Legs shoulder-width apart, knees slightly bent
- Hold each exercise for 30 seconds; *don't bounce*
- Work in front of mirror

EXERCISE #1 - SHOULDER ROLLS

- Roll shoulders FORWARD 25 X *Don't use arms*
- Roll shoulders BACKWARD 25 X *Make large circles*

EXERCISE #2 - NECK STRETCH

- Stretch head sideways to LEFT shoulder *Hands at sides*
- Stretch head sideways to Right shoulder *Press shoulders down*

EXERCISE #3 - HEAD TURNS

- Turn head to LEFT shoulder *Keep head level*
- Turn head to RIGHT shoulder *Avoid turning shoulders*

EXERCISE #4 - JOINT MOBILIZER

- Hands on shoulders, rotate arms FORWARD 25X *Elbows above shoulders*
- Hands on shoulders, rotate arms BACKWARD 25X *Nice, easy circles*

EXERCISE #5 - SIDE STRETCH

- Wide stance, lift RIGHT arm up, stretch to LEFT *Allow head to relax*
- Wide stance, lift LEFT arm up, stretch to RIGHT *Stretch muscles between ribs*

EXERCISE #6 - WAIST ROLLS

- Wide stance, hands on hips, rotate in each direction 10 X *Look straight ahead; plant feet firmly*

EXERCISE #7 - KNEE ROLLS

- Toes pointed forward, heels and knees together, *Bend knees as low as possible*
- Hands above knees, ROTATE each direction 10 X *Hands assist circling*
- End with 3 slide jumps backward, feet flat on ground

EXERCISE #8 - HIP AND LOWER BACK STRETCH

- Lie on back, shoulders on floor
- Bend RIGHT knee to waist, with LEFT hand stretch RIGHT knee over LEFT leg to floor.
- Bend LEFT knee to waist, with RIGHT hand stretch LEFT knee over RIGHT leg to floor.