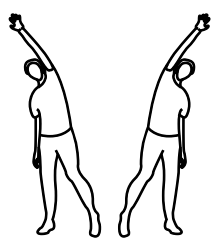




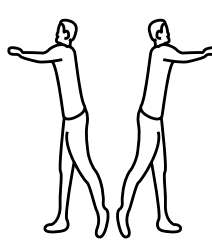
# Work Warm-Up

Exercises that physically prepares UC Berkeley faculty and staff for work



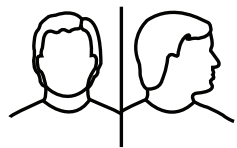
## 1 REACH FOR THE SKY

- With the right arm, reach above head 'to the sky' to the left side
- Slight hip and shoulder rotation toward the left
- Raise right heel off the floor
- Repeat 10 times on the right and complete 10 times on the left
- Feel exercise: all of body



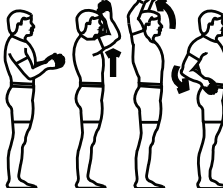
## 2 ROPE PULL

- With right arm, reach across front of body at shoulder height
- "Pull a rope" from left to right side
- Raise right heel off the floor as pulling
- Repeat 10 times on both sides
- Feel exercise: upper back and side of body



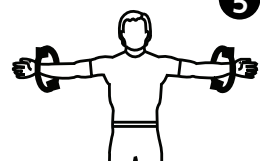
## 3 NECK TWIST

- Stand in natural posture with ears over shoulders
- Gently move chin to right shoulder and return to center
- Repeat with chin to left shoulder and return to center
- Keep chin parallel to floor and in neutral posture
- Repeat 10 times
- Feel exercise: neck and upper back



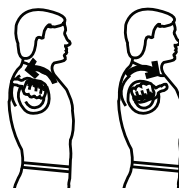
## 4 SHOULDER GIRDLE ROTATIONS

- Begin with hands in front of chest as shown
- Keeping hands together, bring elbows together, while raising arms up toward ceiling
- As arms straighten, separate hands, and bring them outward
- While bringing shoulder blades together, pull arms back and downward to starting position
- Repeat 10 times forward; follow with 10 times reverse direction
- Feel exercise: shoulders and upper back



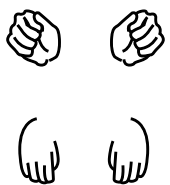
## 5 ARM CIRCLES

- Bring both arms straight out from body at shoulder height, parallel to floor
- Make circles with arms, beginning small and increasing size
- Repeat 10 times forward; reverse direction 10 times
- Feel exercise: arm, shoulders, upper back



## 6 SHOULDER ROTATIONS

- Begin with both arms straight out from body at shoulder height, parallel to floor
- Curl fingers as if holding a golf club, palms downward
- Squeeze shoulder blades together while rotating arms so that the palms are facing sky; reverse direction and repeat 10 times
- Feel exercise: upper back, shoulders, chest



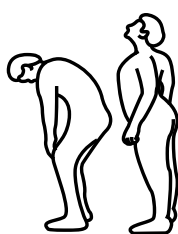
## 7 WRIST CIRCLES

- With bent elbows put arms in front of body, with hands loosely closed
- Roll wrist in clockwise or outward circles 10 times
- Repeat with counterclockwise or inward circles 10 times
- Feel exercise: hands and forearms



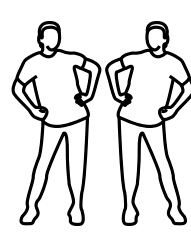
## 8 HAND WARM UP

- With straight elbows, place arms in front of body
- Spread fingers
- Close into a fist and spread open the fingers
- Repeat 10 times
- Feel exercise: hands and forearms



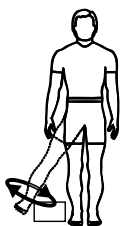
## 9 STANDING CAT/DOG

- Begin with chin tucked into chest, shoulders forward, thumbs toward thighs, back rounded and knees loose; breathe out (CAT)
- While breathing in, slowly lift chin toward ceiling, open shoulders and chest, arch back and extend bottom toward back wall (DOG)
- Repeat slowly "Cat to Dog" 10 times with in/out breathing
- Feel exercise: spine and low back



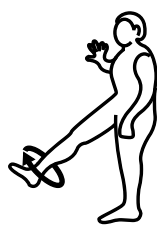
## 10 HULA HOOP

- Begin with legs at hip width and hands on hips or low back
- Circle hips slowly clockwise 10 times
- Repeat circling hips counterclockwise 10 times
- Knees relaxed and head without moving
- Feel exercise: abdomen and low back



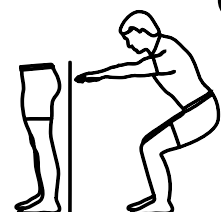
## 11 WHOLE LEG CIRCLES

- With support for balance as needed:
- Lift right leg to right side of body with knee straight
- From hip, make small clockwise circles 10 times
- Reverse with counter clockwise circles 10 times
- Feel exercise: hips and bottom



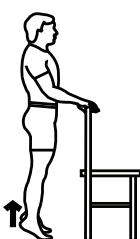
## 12 ANKLE CIRCLES

- With support for balance as needed:
- Lift right leg to right side of body with knee straight
- From ankle, make clockwise circles 10 times
- From ankle, reverse counter clockwise circles 10 times
- Feel exercise: ankles and calves



## 13 SHALLOW SQUAT

- Stand with feet at shoulder width apart, feet flat on floor
- Spine neutral, with ears over shoulders
- As though sitting backward into a chair, complete shallow knee bend
- When looking down, assure knee stays behind toes
- Focus on proper posture and tight abdominal muscles
- Feel exercise: bottom and front of thighs



## 14 ANKLE RAISES

- With support for balance as needed:
- Stand with feet at hip width, feet flat on floor
- Raise up on toes, through full range of motion
- Return to feet flat on floor
- Repeat 10 times
- Think of raising up from the top of your head
- Feel exercise: feet and calves



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