

Sample Exercise Routine

Dynamic Warm-Up Exercises (~10 min)

Choose specific exercises to prepare you for activity. Examples:

Forward Jog	Hip Openers	Inchworm
Backward Jog	Hip Circles	Alternating Toe Touches
Side Shuffle	Leg Swings	Arm Circles
Carioca	High Knees	Cross-Body Arm Swings
Power Skips	Buttkickers	Standing Torso Rotations

Cardiovascular Exercises (15-30+ min)

Walking	Skateboarding	Group Fitness
Hiking	Snowboarding	Martial Arts
Jogging	Surfing	Circuit Training
Swimming	Rowing	HIIT
Cycling	Rock Climbing	Sports

Muscular Strengthening Exercises (15-30 min)

Upper Body	Lower Body	Core
Push-Ups	BW Squats	Supermans
Incline Push-Ups	BW Overhead Squats	Planks
Decline Push-Ups	BW Pistol Squat	Walking Planks
Triceps Dips	BW Lunges	Side Planks
RB Triceps Extension	BW Side Lunges	Crunches
RB Biceps Curls	BW Curtsy Lunges	Bicycle Crunches
RB Hammer Curls	BW Glute Bridges	Ab Heel Touches
RB Shoulder Front Raise	Single Leg BW Hip Hinge	Supine Leg Lifts
RB Shoulder Side Raise	Lateral Leg Raises	Flutter Kicks
RB Shoulder Press	Wall Sits	Russian Twist
Shoulder Taps	Jump Squats	Oblique Crunches
Pull-Ups	Jump Lunges	Dead-Bugs
RB Rows	Burpees	Bird-Dog

*RB = Resistance Band

*BW = Body Weight

Static Cool-Down Exercises (5 min)



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



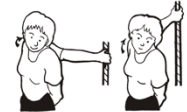
3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



4. Triceps Stretch
(pull elbow across and down)



5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



11. Lateral Flexion Stretch
(one side, then the other, push pelvis across as you bend)



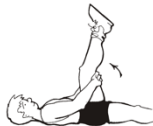
12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion Stretch
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



15. Hamstring Stretch
(straighten leg)
i. with foot pointed
ii. with foot pulled back towards the knee



16. Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)



19. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch
(keep pelvis on floor)



21. Quadriceps Stretch



22. Adductor Stretch
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



23. Hip Flexor Stretch
(keep back straight, tuck bottom under, lunge forward on front leg)



24. Tensor Fascia Stretch
(continue to push bottom forward, whilst pushing hip to the side)



25. Gastrocnemius Stretch
(keep knee straight and heel down, feet facing forward)

Select 6-8 exercises:

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