



with Coach Joe

DAILY STRETCH ROUTINE

Boost Your Well-Being at Work

This routine is designed to help you incorporate gentle stretching into your daily schedule, promoting flexibility, reducing muscle tension, and decreasing the risk of work-related injuries.

By participating in this daily stretching program, you can experience benefits including increased energy, improved posture, better circulation, and a reduction in stress. Regular stretching can also help prevent discomfort from prolonged sitting, standing, and repetitive movements, making your workday more comfortable and enjoyable. Join us as we stretch together toward a happier, healthier workplace!



Warm Up



Dynamic Stretch



Upper Body Stretch



Lower Body Stretch

WATCH THE VIDEO AND FOLLOW ALONG!



CROSS STEP

- Stand with your knees bent and feet together.
- Raise your arms to shoulder height and cross them in front of your body.
- Take a big step out to the side and open your arms at shoulder height.
- Continue stepping side to side, crossing both arms in front of your body with each step.
- Your arms should open as you step out to the side, and cross as your feet come together.
- Keep a slow to moderate pace; breathe normally.
- Continue for 1-3 minutes.



ARM CIRCLES

- Stand with feet apart, knees bent, and arms relaxed.
- Raise one arm in front of you and move it up and back in a big circular motion, like you are swimming the backstroke.
- Keep your arm straight and elbow close to your ear.
- Make 6-10 backward circles, then reverse direction and make 6-10 forward circles. Breathe normally.
- Pause for 5-10 seconds, then switch arms and repeat arm circles in both directions.



SIDE BEND

- Stand with your feet apart, knees slightly bent.
- Raise both arms above your head.
- Grab your left wrist with your right hand and face your left palm up, then slowly bend to the right until you feel a mild stretch on your left side.
- Hold for 15-30 seconds; then relax.
- Repeat on the other side. Repeat 1-2 times on each side.

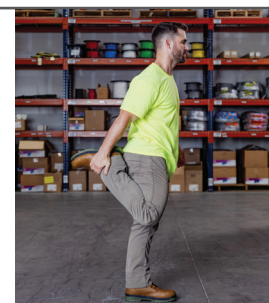
Alternative:

- *Raise your left arm overhead, reaching as high as possible*
- *Bend slightly to your right side with your right arm relaxed. Your right hand can rest on your thigh, your hip, or hang at your side.*
- *Hold for 15-30 seconds, then relax and repeat on the other side.*



STANDING QUAD STRETCH

- Stand with feet apart, arms relaxed.
- Bend your right knee and lift your foot behind you.
- Grab your ankle (or right pant leg) with your right hand and pull up.
- Push your hips forward until you feel a mild stretch in the front of your thigh.
- Hold for 15-60 seconds, then relax and repeat on your left side.
- Perform 1-2 stretches on each leg.



SIDE LUNGE

- Take a big step to the side with feet spread wider than shoulder width, knees slightly bent, and toes pointing forward.
- Place your hands on your hips, then bend one knee and shift your body weight onto the bending leg, keeping your other leg straight.
- Slowly lean toward your bent leg until a mild stretch is felt on the inside thigh of your straight leg.
- Keep bent knee positioned directly over your heel but not exceeding past your toes.
- Hold for 15-60 seconds; repeat on the other side.
- Repeat 1-2 times on each side.



gedelectric.com/safety

Disclaimer The stretches in this guide should be performed as part of an overall health, safety and loss control program. All employees with musculoskeletal issues or injuries should review the stretches in this guide with their medical provider(s) before participation. These stretches and customized routines are not meant to take the place of medical advice or a doctor's recommendation. It is recommended that all employees consult with their doctor or medical provider before participating in any stretching, strength or conditioning program.