

Warehouse Stretches



Back Stretches

Toe Touches

- 10 Reps Total
- Reach for your toes
- Left over right, Middle, Right over left



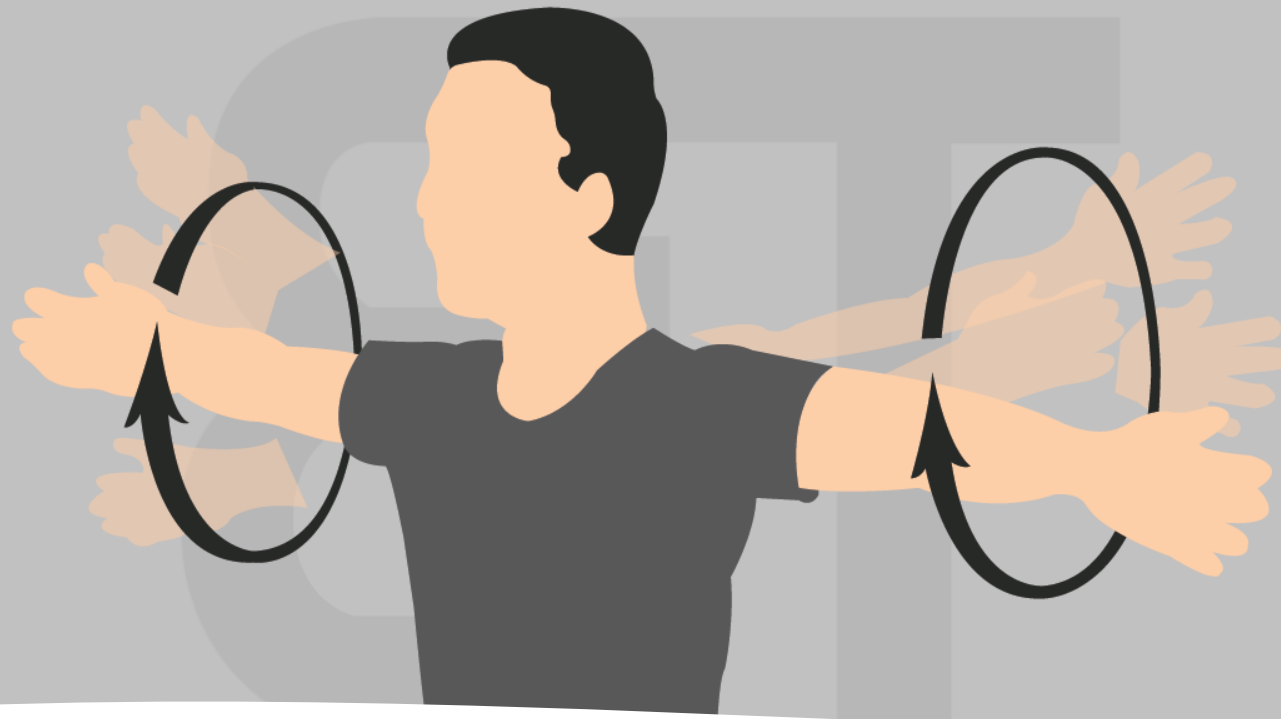


Twist Rotation

10 Reps

Stretch arm across body while twisting body in the same direction.

Left to right rotation



Arm Circles

10 Reps

Arms stretched to sides, rotate arms in circular motion 10 times going forward, 10 times rotating backwards.

Triceps Stretch

- 10 Count Reps
- Pull elbow behind head
- 10 count to the left side
- 10 count to the right side



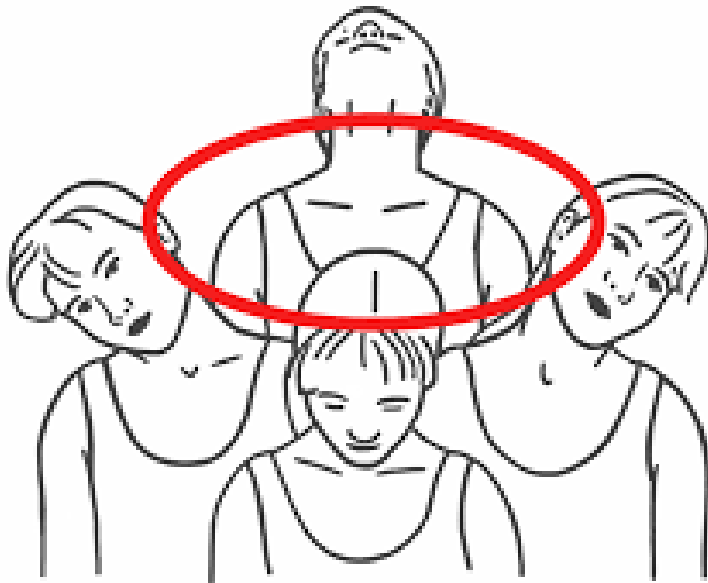
Hamstring Stretches

- Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up toward you.
- Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.
- Repeat with opposite leg.



Head Circle Rotation

- 10 reps
- Rotate your head in a circular motion 10 times.
- Repeat in the opposite direction



Standing Quad Stretch



- Clasp your foot behind your body with opposite hand
- Pull your foot upwards, and push the knee backward
- Contract your abdominals to stabilize the pelvis (do not arch your back).
- Press the front hip bone forward and slightly extend the hip
- Hold the stretch
- Repeat for each leg

Hand/Wrist Stretches

- Extend right arm forward at shoulder height.
- Grasp right hand with the left one
- Bend the wrist backward until you feel the stretch in your forearm.
- Hold and then bend the wrist downward.
- Clasp both hands and rotate wrists in circular motion.



A-1



B-1



A-2



B-2



A-3



B-3

Squat Stretches

- Stand with legs wider than shoulder width apart and turn toes lightly outward.
- Lower your body, bending at the knees.
- Repeat 10 times



Standing Cross-Over Touches

- Stand up straight with your feet shoulder-width apart.
- Extend your arms out to your sides at shoulder level.
- Keep your legs straight without locking your knees.
- Begin by lifting your right arm over your body while simultaneously reaching it toward the toes of your left foot.
- As you reach, hinge at the hips and bend your upper body, keeping your back straight and head neutral.
- Make contact with your toes or go as far as your flexibility allows, feeling the stretch along the hamstrings and obliques.
- Return to the starting position by straightening your upper body and lowering your arm back to its original position.
- Repeat on the other side by lifting your left arm over your body towards the toes of your right foot.
- Continue to alternate sides for the desired number of reps or time.

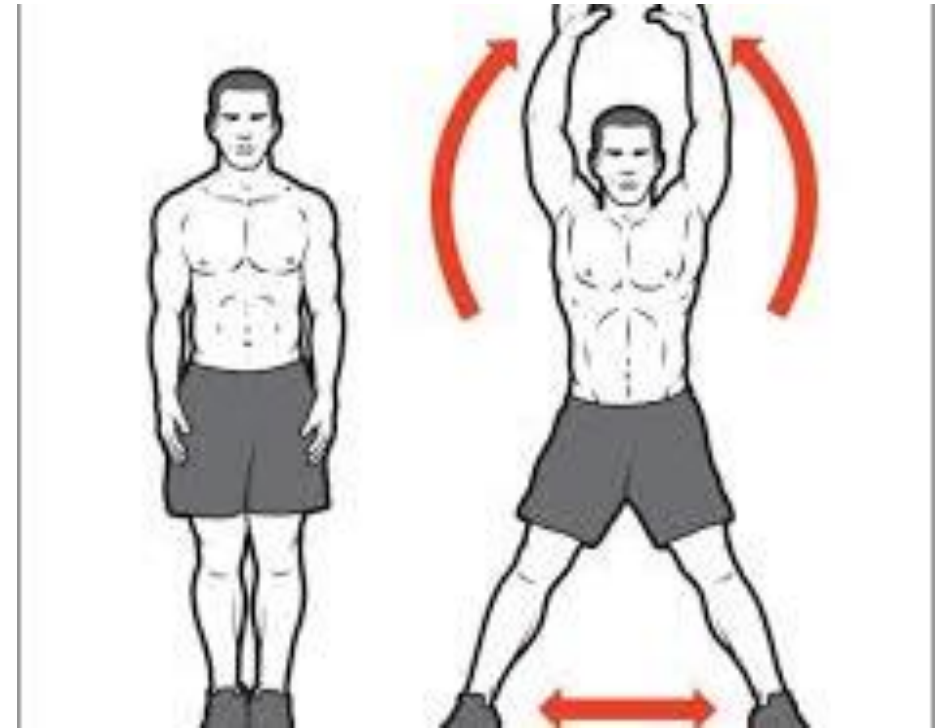


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Jumping Jacks

20 Jumping Jacks



Resistant Band Stretch Video



Resistant Band Process

Objective:

Implementation to incorporate Resistance Band stretches that focuses on the shoulder area during the morning stretching routine in the warehouse. The goal is to strengthen the shoulder area to lower injuries that have increased over the last 2 years, resulting in the highest cost factor area.

Item:

- ➔ Resistance Band (50 Yards) @ 4.8 lbs. of resistance
- ➔ Purchase 6 rolls @ 49.99 each

Routine: 10 reps each

- ➔ Lateral
- ➔ Front raise
- ➔ Pull Apart
- ➔ Bend over row (10 each arm)

Recording demonstration will be available with Jose Guzman and Taylor Summerlyn.

This new process will be incorporated at the end of their regular routine.

Logistics:

- ➔ Bands will be cut in 2-yard lengths.
- ➔ Bands will be stored in a new, clean bucket in Paul's office.
- ➔ Taylor, Paul, or any supervisor will get the bucket every morning and place it in the center of the huddle area.
- ➔ Each employee will be instructed to grab a band.
- ➔ Once employees complete the stretch routine, they will replace the bands in the bucket.
- ➔ Hand sanitizer will be available and recommended to utilize after each use.
- ➔ Bands will then be stored in Paul's office.