

OUTDOOR WORKER STRETCHES



SIDE TO SIDE LUNGES

1. Stand tall with feet shoulder width apart.
2. Take a big step to the right and lean into the right knee, keeping body upright.
3. Step right foot back in and repeat on left side.
4. Alternate for a total of 10 each side.



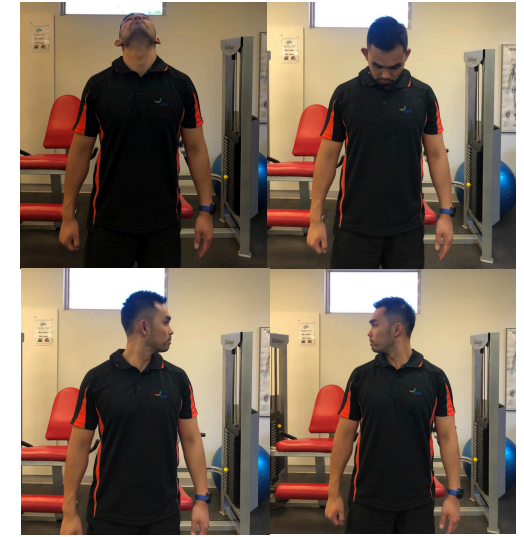
SIDE TO SIDE LEAN

1. Stand tall with feet shoulder width apart, arms up above your head and hands clasped.
2. Lean the top half of your body to the left, not too far.
3. Return to the centre, then transition to the right.
4. Alternate for a total of 10 each side.



BACK BEND

1. Stand tall with feet shoulder width apart.
2. Place hands on your lower back and gently lean slightly backwards to stretch out the lower back.
3. Hold for 5-10 seconds, return to starting position.
4. Repeat 5 times.



NECK UP, DOWN, LEFT, RIGHT

1. Stand tall with feet shoulder width apart.
2. Tilt your head back and look at the ceiling, holding position for 1 second.
3. Transition to look down to your toes, 1 second.
1. Then slowly look to the left and to the right for 1 second each.
2. Repeat whole sequence 3 times.



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KNEE UP HOLD AND KICK BACK

1. Stand with feet shoulder width apart.
2. Bring one leg up to a 90 degree bend in the knee, should be in line with your hip.
3. Hold knee in both hands for 1 second.
4. Release and kick leg behind you, squeezing your glute.
5. Swing leg to front and hold knee again, keeping your balance.
6. Repeat 10 times on each leg.



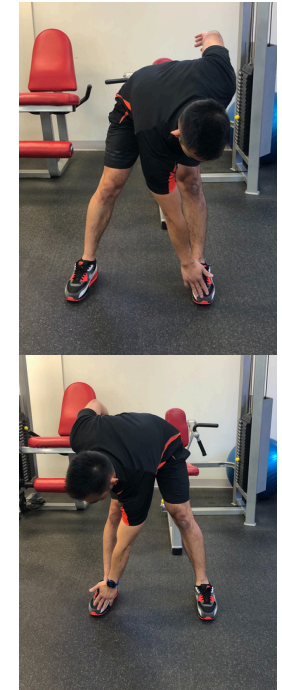
WRIST STRETCH

1. Hold 1 arm straight out in front of you with palm facing down.
2. Point fingers up to the ceiling.
3. Use your other hand to help pull back on the fingers to feel a stretch along your wrist.
4. Hold for 15 seconds.
5. Repeat on the opposite side.



YTWA

1. Stand in a semi squat position, feet shoulder width apart.
2. Look 1 metre in front of your toes. Lift your arms to form a 'Y' shape.
3. Then bring arms wide to a 'T' shape.
4. Bend elbows with hands near ears to form a 'W' shape.
5. Take arms slightly behind your hips to form an 'A' shape.
6. Be sure to squeeze your shoulder blades in towards your spine with each movement.



WIDE LEGS TOUCH TOES

1. Stand with feet wide, legs straight.
2. Tip over at the hips and touch your opposite toe with your hand, or as near as you can. Eg left hand to right foot.
3. Alternate touching your opposite toe, 10 times on each leg.
4. Be sure to keep your back flat, bending from the hips and only reach as far down as you can.



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