**Warm up and Stretch Programme**

These exercises are designed to prepare you up for your day on site.

You should feel warmed up and stretched, there should be no pain with these exercises.

1. **Shoulder rolls**
* Standing with feet shoulder width apart
* Slowly roll shoulders backwards in a circular motion
* Repeat 10 times
1. **Squats**
* Raise arms out to shoulder height, keeping shoulders down, feet hip width apart
* Squat down, keeping knees traveling over toes
* Repeat 10 times
1. **One leg balances**
* Standing on one leg and try to balance for a minute
1. **Hamstring stretch**
* Find a low step to place your foot on, square your hips towards the step
* Gently lean forward, feeling a stretch in the back of your leg
* Hold 20 seconds and repeat twice on each side



 





1. **Back extensions**
* Standing with your hands rested on your hips for support.
* Gently lean backwards feeling in a stretch in your low back
* Hold 1-2 seconds and do 5-10 repetitions
1. **Back rotations**
* Standing with hands out to the side, knees can be slightly bent
* Twist the trunk and arms to the left and then the right
* Hold 1-2 seconds at the end range and do 5 twists to each side
1. **Chest stretch**
* Clasp hands behind you and pull shoulder back so you feel a stretch in your chest
* Hold 10 seconds and do twice
1. **Neck stretch**
* Gently pull you head towards your shoulder, feeling a stretch on the side of your neck
* Hold 10 seconds and do twice each side







