

# INDUSTRIAL SPORTS MEDICINE

## FSS PRE SHIFT PREP

### Warm Up

Designed to get the **HEART RATE UP, BLOOD FLOWING, and JOINTS LUBRICATED!**



Marching OR High Knees  
20 seconds



Side Step or Shuffle  
20 seconds



Bull Kicks  
20 seconds



Hip OUT  
10 seconds



Hip IN  
10 seconds



Toe Raise  
10 reps



Hip Rotations  
5 reps



Stir The Pot  
5 reps



Shoulder Rolls  
5 reps



Arm Circles  
5 reps



Shoulder Blade Squeeze  
10 reps



Hug  
10 reps

### Dynamic Strength

Designed to build **STRENGTH and BALANCE!**



Bench Squat  
10 reps



Step BACK Lunge  
10 reps



Side Lunge  
10 reps

### Flexibility

Designed to increase **FLEXIBILITY, MOBILIZE NERVES, and PREPARE** for the day!



Posterior Shoulder Stretch  
20 seconds



Pec Stretch  
20 seconds



Median Nerve Mobilization  
5 reps



Median Nerve Mobilization  
5 reps



Low Back Extension  
5 reps



Sciatic Nerve Mobilization  
10 reps



Sciatic Nerve Mobilization  
10 reps



Hamstring Stretch  
20 seconds



Figure 4 Stretch  
20 seconds



Hip Flexor Stretch with Wrist Stretch  
20 seconds

Prior to starting any fitness program, check with your physician to make sure you are healthy enough to begin an exercise routine.