

# Integrated Flexibility Warmup - feet to fingertips

REMEMBER THAT IF ANY OF THE MOVEMENTS CAUSE YOU PAIN - **STOP**.

The first grouping is your arms and shoulders. Start with 5 of each movement. As you feel stronger, add repetitions.

You will do most movements in 3 positions.

1. Palms facing each other
2. Palms facing up
3. Palms facing down

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**Swing**

- Palms at your side facing each other - swing them back and forth
- Palms down - swing them back and forth
- Palms up - swing them back and forth



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**Rocking the Baby**

- Palms facing up, arms move across your front, palms facing the body
- Palms down - arms move across your front, palms facing the body
- Palms up -- arms move across your front, palms facing the body



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**Scissors** - Forearms and elbows together into the ribcage

- Palms up and scissors as quick as you can over/under.
- Palms down and scissors as quick as you can over/under.
- Palms up and scissors as quick as you can over/under.



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Shake it out

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**This exercise will put pressure on your shoulders, do not do this exercise if it hurts your shoulders.**

- Fist with the dominant hand, put on the spine, the other hand in a fist on top, press your knuckles into your back. Pull your shoulders back and try to touch your elbows. Hold for 3 to 5 seconds.
- Open hands, so the back of your hands is on your spine, press your knuckles into your back. Pull your shoulders back and try to touch your elbows. Hold for 3 to 5 seconds.
- Rotate the palms over, so your palms are on your spine, press your knuckles into your back. Pull your shoulders back and try to touch your elbows. Hold for 3 to 5 seconds.



- Palms together behind your back with fingers down. Pressing your palms and fingers together, shoulders back, and try to touch your elbows. Hold 3 to 5 seconds
- Fingertips - Pressing your fingertips together, shoulders back, and try to touch your elbows. Hold 3 to 5 seconds
- Heel of your hands, fingertips away. Pressing the heels of your hands together, shoulders back, and try to touch your elbows. Hold 3 to 5 seconds

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Shake it out  
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- Palm presses - arms out at 90 degrees in front of you, elbows bent up at 90 degrees, Forearms, elbows, and palms together. Hold anywhere from 15, 30, 45, to 60 seconds.
  - Palms facing you with little fingers together
  - Palms away with thumbs together



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Shake it out  
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### Finger Grips

- Dominant hand thumb down. Opposite hand thumb up. Holding each other with fingers. Pinch shoulder blades together and **pull**. Hold 3 to 5 seconds.
- Dominant hand thumb down. Opposite hand thumb up. Holding each other with fingers. Pinch shoulder blades together and **push**. Hold 3 to 5 seconds.
- Dominant hand thumb down. Opposite hand thumb up. Holding each other with fingers. Pinch shoulder blades together and pull and then push. 3 to 5 reps



- Dominant hand thumb down. Opposite hand thumb up. Pulling the hand, Holding each other with fingers.
  - Roll forward and reverse
  - Swim forward, swim backward
  - Bring elbows down together 3 times



- Relax, pinch your shoulder blades, and push your hands together.
  - Roll forward and reverse
  - Swim forward, swim backward
  - Bring elbows down together 3 times.

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 Shake it out  
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- Palm presses - arms out at 90 degrees in front of you, elbows bent up at 90 degrees,
  - Cross your right hand over your left hand, elbow out to about 45-degree angle. Pinch shoulder blades together, **pull against the back of your hand for 3 to 5 seconds.**
  - Switch hands positions, elbow out to about 45-degree angle. Pinch shoulder blades together, **pull against the back of your hand for 3 to 5 seconds.**



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 Shake it out  
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**Arm Circles - 3 positions hands palm down, thumbs up, and thumbs down. 5 circles each.**

- Small, medium, large circles forward
- Large, medium, small circles backward
- The shoulders will be on fire. You are building stability, mobility into the mobile joint, the shoulder.
  - Managing lactic acid, and stimulating blood flow, all good things aerobically.



**Lower Half - Start with 3 reps for each exercise. As you get stronger, you can add reps.**

- Feet and knees together, slight bend / deeper /deeper
  - Forward and back 3
  - Side to side 3
  - Circle right / left
  - Figure 8
  - Hold at the lowest position for 5 seconds.



- Wider stance, fist with both hands side by side, between knees - squeeze your knees.
  - Forward and back 3
  - Side to side 3
  - Circle right / left
  - Figure 8
  - Hold at the lowest position for 5 seconds.



- Wider more, feet straight, duck, pigeon toe (push knees in with hands)
  - Forward and back 3
  - Side to side 3
  - Circle right / left
  - Figure 8
  - Hold at the lowest position for 5 seconds.



- Wider farther, hands inside of knees, hands in front
  - Heel / toe out and back in - 3 reps straight, duck, pigeon toe.
  - With legs in a wide stance, squeeze and hold for 5 seconds...
  - Legs in a wide stance, straight, duck, pigeon toe
    - Fingers on the ground, lean into them.
    - Straighten arms first, back, legs.
    - Reverse down, legs, back arms

