

# WARM-UP ROUTINES FOR VETERINARY STAFF

Perform each exercise for 20 seconds

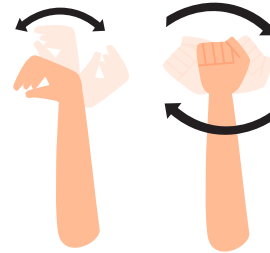
## SHOULDER CIRCLES

- Place your palms on your shoulders and rotate your arms in one direction.
- Repeat in the other direction.



## WRIST CIRCLES

- Roll your wrists one direction, then the other.
- Rotate in circles as far as comfortably possible.



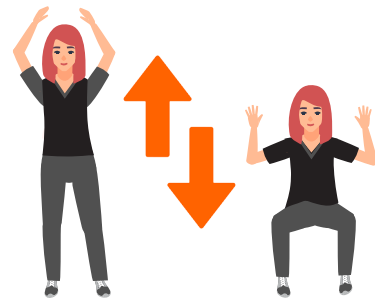
## LATERAL LUNGE

- Take a large stride to the side, turning both feet outwards.
- Keep your heels planted on the floor and lunge over to one side, with your knee tracking in front of your toe.
- Repeat on the other side.



## SQUAT WITH ARM RAISE

- Stand up straight with your feet wider than shoulders width apart.
- Lift your arms towards the ceiling then bring your elbows down to the side making a “W” position.
- At the same time, squat down to the ground



## WARM UP CHEST AND BACK

- Start by standing with your legs apart.
- Bend forwards, rounding your back, bringing your arms across your chest.
- Then stand up straight, moving your arms out to the side, opening your chest.



**Scan for  
Video  
Tutorial**

**DISCLAIMER:** Check with your physician before starting a new exercise program or if you have had recent joint trouble, muscle problems, or surgery. Never bounce, jerk, or twist while stretching. Stop the stretch if you experience pain.