

# The "Gallagher" Workout

## Big Arm Circles



- Stand up tall and make large circles with your arms.
- Start with clockwise circles.
- When complete, switch directions.

**10 repetitions each direction**

## Trunk Rotation



- Shoulder-width stance.
- With control, rotate from one side to another.

**10 repetitions each side**

## Squats



- Shoulder-width stance.
- Lower your hips; keep your back straight and knees over toes.
- Stay in a pain free range.

**10 repetitions**

## Heel Raises



- Stand up tall holding onto a sturdy object for balance.
- Keep your knees straight, raise onto toes, then slowly lower.

**10 repetitions**

## Active Chest Stretch



- Stand tall.
- Place hands behind your head.
- Pull elbows back and squeeze your shoulder blades together.

**10 repetitions**

## Back Extension



- Stand up tall, shoulder-width stance, with hands on hips.
- Lean back slowly and with control.

**10 repetitions**

### Warm-ups prepare the body for work:

- Warmer muscles contract more forcefully, relax more quickly and reduce the risk of injury. Additionally, warmer muscles disrupt tissue adhesions.
- Increases heart rate and improves circulation by dilating blood vessels.
- Increases the amount of synovial fluid around joints, lubricates the joints, and supports movement.
- Improves mental focus, situational awareness, and concentration by increasing Serotonin and Dopamine.