

The "Inouye" 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

Y to W Raise



- Stand up tall with arms making the "touchdown" sign.
- Lower your arms while you pinch your shoulder blades.

10 repetitions

Squats



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

10 repetitions

Hamstring Stretch



- Place one leg in front of body.
- Keep heel on ground, toes up, knee straight, and back straight.
- Lean forward at the hips.

10 repetitions each leg

One Arm Chest Stretch



- Stand up tall and place your hand on a wall.
- Step forward and slowly turn your body away from the wall.

Hold for 20 seconds each side

Chin-to-Chest Neck Stretch



- Stand up tall and look down toward your hip.
- For additional stretch, gently pull your head down.

Hold for 20 seconds each side

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.