

# The "Levin" Workout

## Arm Swings



- Shoulder-width stance.
- Alternate between swinging your arms across your chest and out to the side.

**10 repetitions each direction**

## Trunk Rotation



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

**10 repetitions each side**

## Four Direction Leg Swings



- Stand on one leg, holding onto a stable object.
- Swing the other leg forward/backward, and across your body.

**10 repetitions each leg**

## Standing Quad Stretch



- Stand up tall.
- Grab one ankle and pull towards buttock.
- Maintain upright posture.

**Hold for 20 seconds each side**

## Active Chest Stretch



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

**10 repetitions**

## Trunk Side Bend



- Shoulder-width stance.
- Lift one arm overhead and slowly bend sideways.
- Do not twist or lean forward.

**Hold for 10 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.