

The "Walsh" Office 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

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

Squats



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

10 repetitions

Open and Close Hand



- Sit or stand tall.
- Alternate between an open hand and closed fist.

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.

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.