

Protect your muscles

Before you perform any physical work, it's important to warm-up and stretch your muscles. Doing the following stretches will aid in the prevention of musculoskeletal injuries.



SQUAT
like Bevan at Marlborough
Repeat slowly 10 times



NECK STRETCH
like Troy at Eltham
Hold for 5 seconds on each side



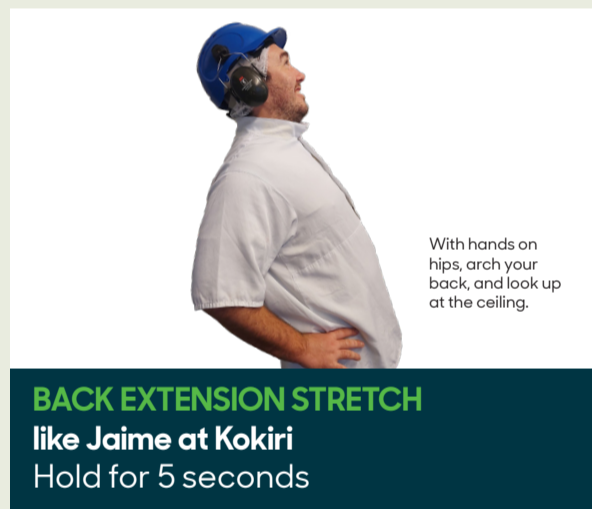
SHOULDER STRETCH
like Brendan at Rangitikei
Hold for 5 seconds on each side



TOP OF FOREARM
like Chris at Canterbury
Hold for 5 seconds



UNDERSIDE OF FOREARM
like Bryce at Canterbury
Hold for 5 seconds



BACK EXTENSION STRETCH
like Jaime at Kokiri
Hold for 5 seconds

With hands on hips, arch your back, and look up at the ceiling.



SIDE STRETCH
like Dallas at Rakaia
Hold for 5 seconds on each side



BACK TWIST STRETCH
like Iain at Five Star Beef
Hold for 5 seconds on each side



HAMSTRING STRETCH
like Bevan at Manawatu
Hold for 5 seconds on each side

Lean forward on your leg to feel the stretch up your hamstring muscle.



FORWARD BEND STRETCH
like Jacques at Waitara
Hold for 5 seconds

With knees slightly bent, bend forward with arms hanging. Ensure your core muscles are engaged for this one.



QUADRICEPS STRETCH
like Shane at Green Island
Hold for 5 seconds on each side