

Priming Exercise

Every morning, and before doing strenuous exercises

Warm Up & Limbering

Do the first reps slowly to stretch out kinks, then do the remaining reps loosely, not tightly.

1st	<u>Upper Body</u> arm crosses arm pistons / arm raises shoulder squeeze	elbow circles arm counter raises one-sided twists (on wall)
2nd	<u>Neck</u> neck isometrics (3 dimensions)	neck turns
3rd	<u>Back</u> hip pivot (full front & back stretch) twists or lying knee drop (arms spread)	hip rotations
4th	<u>Legs</u> toe raise sitting calf crosses	knee raises
5th	<u>Hips/Groin</u> knee squeezes	knee presses
6th	<u>Hands/Arms</u> finger flex & extension	arm twists
7th	<u>Whole Body</u> coiled springs	

Tuning

@10 repetitions