

TRW 5 Minute Movement

Complete each movement for 30 seconds



Chin Tucks:

Slowly draw your head back so that your ears line up with your shoulders. Hold for a few seconds and return to starting position.



Shoulder Rolls:

Move your shoulders in an UP, BACK, and DOWN in a circular pattern.



Mini Squats:

While standing with feet shoulder width apart and in front of a stable support for balance. Bend your knees and lower your body towards the floor. Your body weight should mostly be directed through your heels. Return to a standing position. Knees should bend in line with the 2nd toe and not pass the front of the foot.



Prayer/Reverse Prayer Stretch:

Place the palms of your hand together with your fingers pointed upwards. Then lower your hands in front of your chest as shown to stretch your wrists.
Reverse: Place the back of your hands together to stretch the wrist as shown.



Neck Side Bend Stretch:

While sitting, hold underneath the seat with one hand and place your other hand on your head. Gently bend your head away from the arm that is holding the seat. You should feel a stretch in the side of your neck. Repeat on opposite side.



Seated Hip Stretch:

Cross your leg, placing the ankle of one foot on the knee of the other leg. Next, pull the top knee upward towards your opposite shoulder for a gentle hip stretch. Repeat on opposite side.



Trunk Extension:

Start by sitting in a chair with your hands behind your head. Open your chest as you lean backwards and extend your spine against the back rest.



Lower Back & Hamstring Stretch:

Start by standing with your feet about 6 inches apart and your hands supported on a stable surface. Next, hinge forward at your hips keeping your back straight for a gentle stretch.