

POST-MOVEMENT RECOVERY

Nels Spence – Bartlett Tree Experts

Wall Sit Elbow Curls



- Feet and knees are hip-width apart. Knees and hips are bent to 90 degrees.
- Press knuckles on temples with thumbs pointed down and squeeze elbows over chest.
- Press elbows against the wall. Repeat
- 2 min, steady pace
- Key Points: Small circles activate different muscle groups than large circles

Tricep Bridge



- Begin by sitting with flat feet and heels close to butt and hands flat on the floor with finger pointed toward heels.
- Raise hips as high as possible while keeping hands and feet in place.
- Hold for a count of 10 then return to sitting.
- 20x
- Key Points: Engage core

Alternating Extensions



- Start on hands and knees with hands under shoulders and knees under hips.
- Extend right arm and left knee as high as possible.
- Hold for five then switch sides.
- 10x each side
- Key Points: Engage core, avoid collapsing into your supporting shoulder/arm

Spinal Twists



- Lie on back with hips and knees bent at 90 degrees.
- Extend right arm, pressing hand into the ground.
- Reach across with left hand, take right knee, and smoothly rotate hips to bring left knee to the ground.
- Hold for five and repeat on the other side.
- 2 minutes, steady pace
- Key Points: Engage core

Rollercoasters



- Start relaxed with arms fully extended and sitting on heels.
- Keep hands in place and slide chin and chest across the ground.
- Straighten arms, squeeze glutes and look up.
- Return to starting position and repeat.
- 20X
- Key Points: Engage core, move slowly and smoothly

Congrats! You've reintegrated your body after movement!

Please note: these exercises are suggestions; perform them at your own risk, please don't throw sticks while doing these exercises, blah blah blah