PREPARE FOR MOVEMENT

Nels Spence – Bartlett Tree Experts

Arm Circles

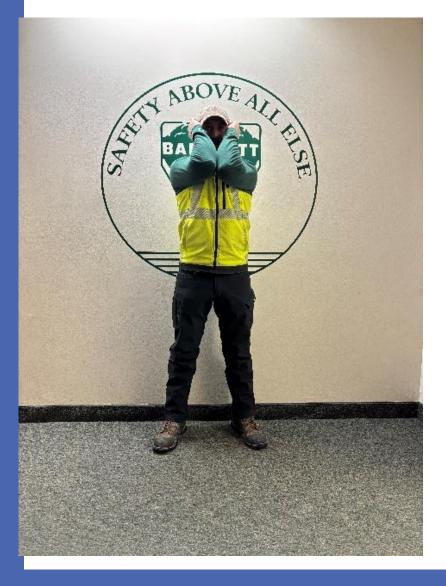




Property of Nels Spence, Bartlett Tree Experts 2025

- Extend arms out from shoulders parallel to the ground with shoulder blades pinched.
- With palms down, make 12" forward circles with hands.
- Then point thumbs backward, turn palms up and make backward circles.
- 50x each direction
- Key Points: Small circles activate different muscle groups than larg circles

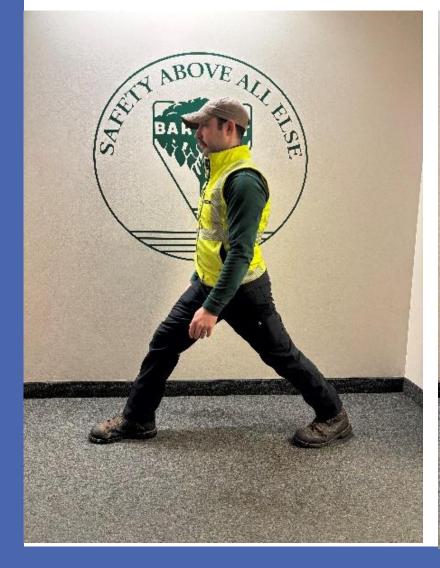
Elbow Curls





- Place knuckles on temples with thumbs pointed down.
- Squeeze elbows together over chest, separating shoulder blades.
- Press elbows behind ears, squeezing shoulder blades together, Repeat.
- 20x
- Key Points: Engage core, keep upper arms level

Split Squats





- Step forward so that the right leg is in front and the left is behind.
- **Bend both knees**, dropping the left knee toward the ground and the keep the right **knee behind the toes**.
- Straighten both legs and repeat.
- 15x each side
- Key Points: Engage core, keep forward knee behind toes

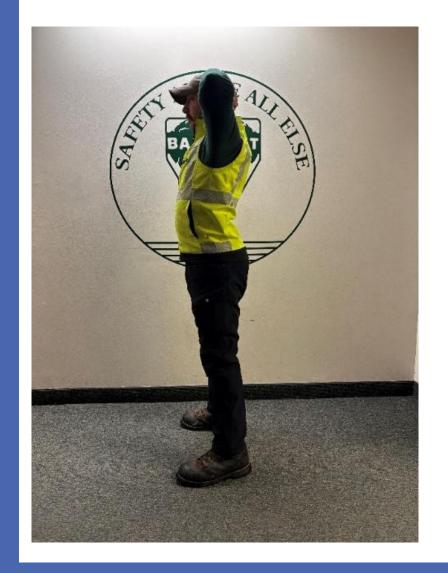
Spread-Foot Glides





- Stand with legs spread almost as wide as possible with *toes forward*.
- Bend forward at the waist and plant hands on the ground directly in front, then alternate bending one leg while keeping the other leg straight while contracting the quads.
- Glide from one side to the other at a consistent height and keeping *hands in between feet*.
- 30x each side
- Key Points: Engage core, contract quads

Squats





- Stand with feet under hips,
 toes pointed forward, and hands
 behind head with shoulder
 blades pinched together.
- Squat down as far as possible while keeping knees behind toes and without lifting heels.
- 10x
- Key Points: Engage core, keep knee behind toes

Congrats! You're prepared to move!

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