

PREPARE FOR MOVEMENT

Nels Spence – Bartlett Tree Experts

Arm Circles



- 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 large 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



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- 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 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



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- 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