### MnSTEP Warm-up
- Keep your back straight.
- Relax your arms at your sides.
- Begin walking in place.
- Swing arms back and forth in opposition to your legs.
- Perform 1 minute of walking warm-up before beginning the stretching routine.

### Backend
- Stand with feet shoulder-width apart and hands on hips.
- Look straight ahead.
- Slowly and gently bend backwards.
- You should feel tension or compression, not pain in the lower back.
- Hold for 5 seconds.
- Return to starting position.
- Repeat holding head to the left shoulder.
- Warm up and stretch.
- Hold the stretch for 30 seconds.
- Hold for 5 seconds.
- Slowly ear to right shoulder. Hold. Return to starting position.
- Reach both arms overhead, clasp the hands, turn the palms upward, and reach as high as possible, trying to elongate the torso.
- Hold for 15 seconds.
- Relax.
- Repeat two more times.

### Shoulder Rolls
- Stand with back straight and feet shoulder-width apart.
- Elevate shoulders upward toward ears, rotate them backward, down, hold for 5 seconds and then forward in a continuous, circular motion.
- Repeat 3 times.
- Reverse direction.
- Repeat 3 times.

### Benefits of Stretching
- Warms and prepares muscles for work.
- Increases flexibility & joint range of motion.
- Reduces muscle tension & soreness.
- Improves circulation & posture.
- Reduces anxiety, stress, and fatigue.
- Enhances coordination.
- Improves mental alertness.

### Benefits of a Stretching Program
- Reduces the risk of injury.
- Stretching benefits your life off the job.
- Stretches lengthen the muscle tissue making muscles less prone to trauma, tears, and other types of injuries.
- A stretching program helps muscles and tendons recover more quickly from job fatigue.
- If you have questions about flexibility consult your physician.

### When to Stretch
- Stretching is done on paid time; therefore everyone is required to participate to the best of their ability.
- The only exception to this is if you have a medical reason not to participate.
- Stretches are to be done in the morning as a group and individually in the afternoon.
- Stretches may also be done throughout the day as needed.

### MnSTEP Flexibility Program

"One STEP closer to an injury-free workplace."

<table>
<thead>
<tr>
<th>Maneuver</th>
<th>Description</th>
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| **Forward Bend** | - If you have disk problems or experience pain do not do this exercise.  
- Sit or stand, looking forward.  
- Relax your arms at your sides.  
- Begin walking in place.  
- Swing arms back and forth in opposition to your legs.  
- Perform 1 minute of walking warm-up before beginning the stretching routine. |
| **Overhead Stretch** | - Stand with back straight and feet shoulder-width apart.  
- Reach both arms overhead, clasp the hands, turn the palms upward, and reach as high as possible, trying to elongate the torso.  
- Hold for 15 seconds.  
- Relax.  
- Repeat two more times. |
| **Standing Leg Stretch** | - Stand facing wall, with hands on wall.  
- Step forward with foot of involved leg, leaning hips toward wall.  
- Keep rear leg straight with heel on floor.  
- Hold the stretch for 30 seconds.  
- Repeat with the other leg. |
| **3 Point Neck Stretch** | - Keep shoulders relaxed, slowly lower head forward, bring chin to chest.  
- Hold, return to starting position.  
- Slowly raise right shoulder. Hold. Return to starting position.  
- Repeat holding head to the left shoulder.  
- Perform this routine twice holding each position 15-20 seconds. |
| **Chin Tuck** | - Sit or stand, looking forward, with good posture.  
- Tuck chin in.  
- Don't look down.  
- Return to starting position.  
- Repeat 3 times. |
| **Side Bend** | - Stand with back straight and feet placed shoulder-width apart and facing forward.  
- Place left arm on left outer thigh for support.  
- Extend right arm overhead while moving hips to the left.  
- Reach up with right hand as high as possible, and bend slightly to the left side until stretch is felt in the waist and up through the shoulder.  
- Perform 1 stretch on each side.  
- Hold each stretch 30 seconds. |
| **Finger/Hand Stretch** | - Stand with back straight and feet shoulder-width apart.  
- Extend both arms in front of body, parallel to the floor.  
- Make a fist with each hand.  
- Hold for 3-5 seconds.  
- Open both hands, spreading fingers apart. Hold for 3-5 seconds.  
- Repeat 3 times. |

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*Brought to you by the MnDOT District 3 MnSTEP Flexibility Committee*