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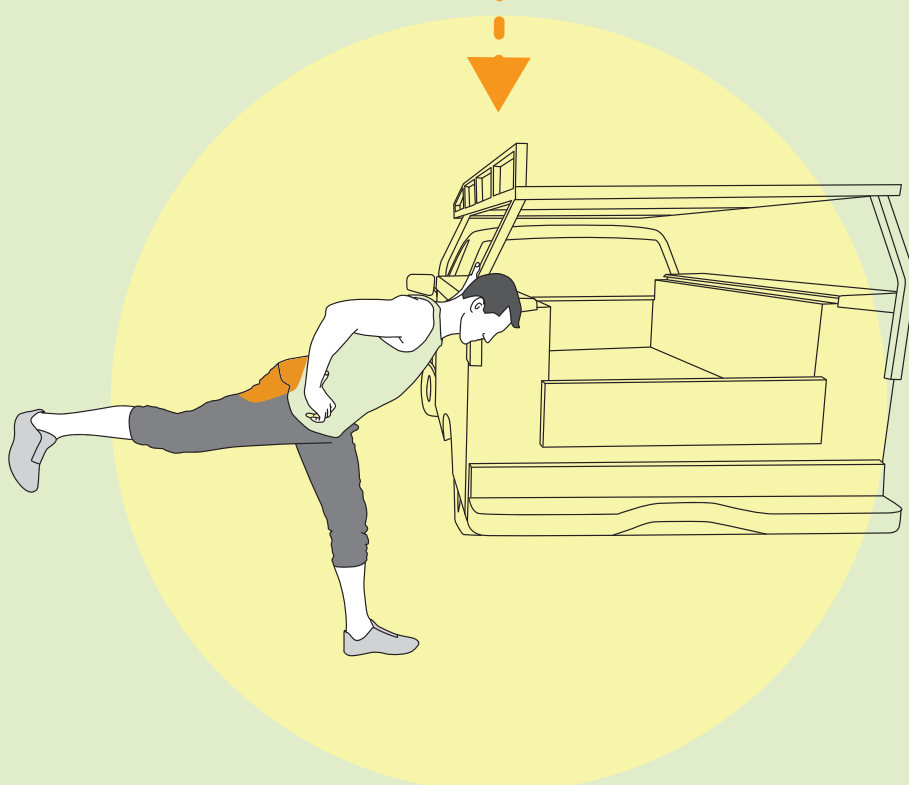
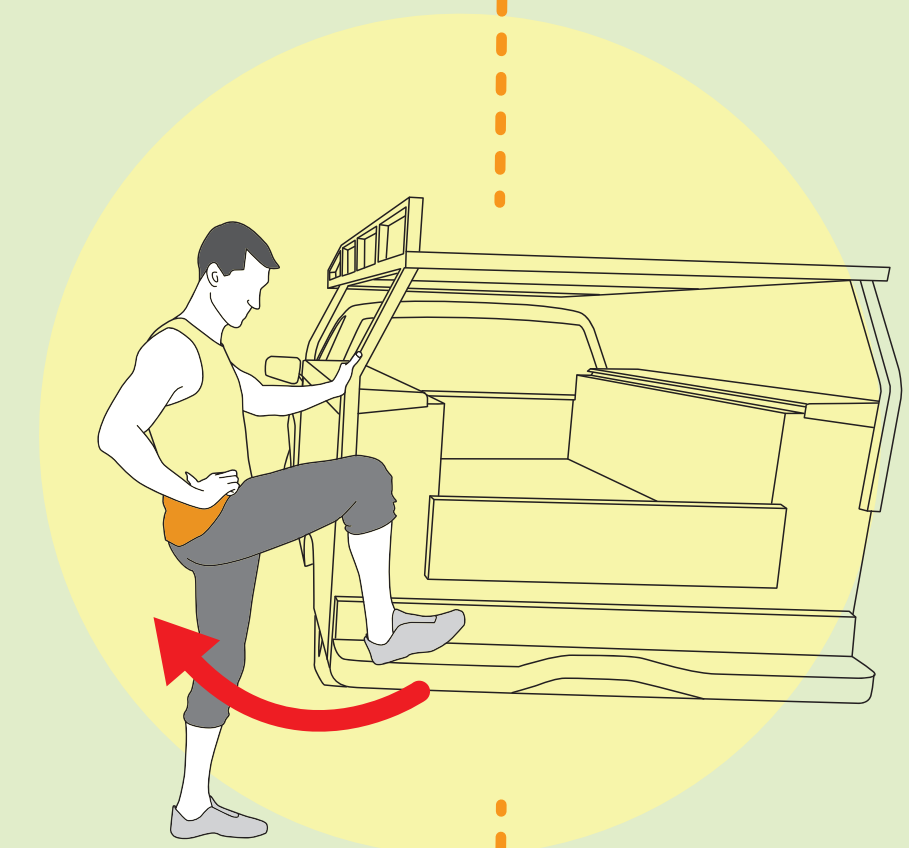
Mobility & Stretch Program

These simple stretches and exercises can be performed almost anywhere.

1. Single-Leg Kickback (front-to-back)

Start standing upright with knee raised. Kick backwards through the heel activating the glute. 15 kicks per leg

Comience de pie con la rodilla levantada. Patee hacia atrás flexionando el talón para activar el glúteo. 15 patadas por pierna



2. Single-Leg Swings (side-to-side)

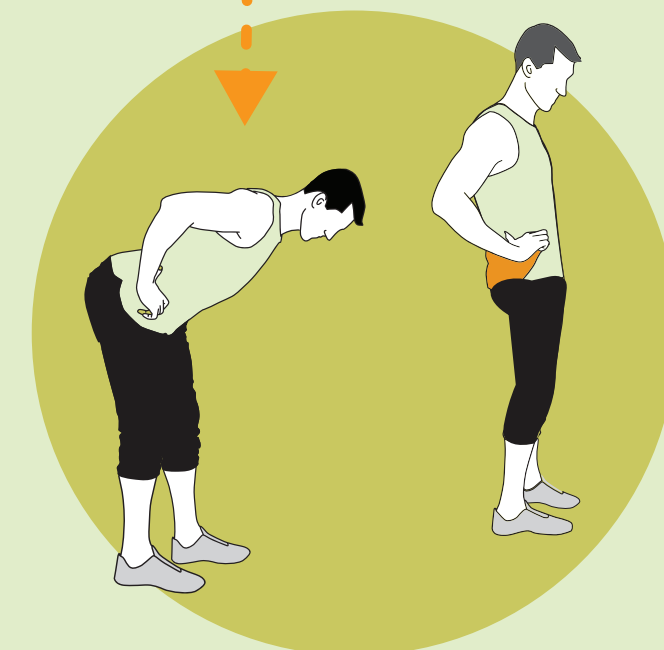
Start standing upright, leg raised out to side. Kick diagonally across the body. 15 kicks per leg

Comience de pie con la pierna levantada hacia un lado. Patee diagonalmente a través del cuerpo. 15 patadas por pierna

3. Standing Hip Hinge

Start by driving hips back. Keep back strong and shoulder blades together. Push hips forward and stand tall. Flex glute muscles. 15 repetitions

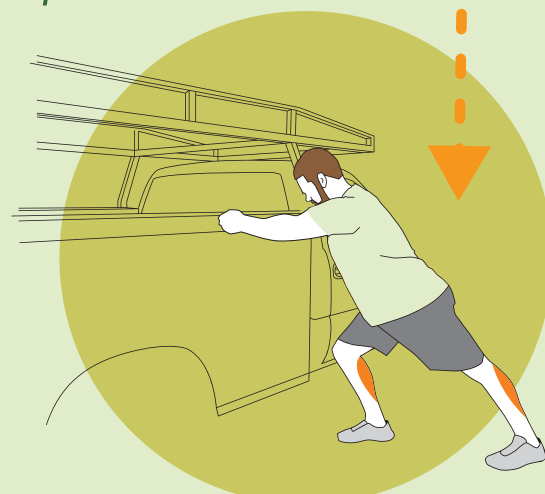
Dóblese a través de la cadera, manteniendo la espalda recta y los hombros hacia atrás. Flexionando el glúteo, empuje la cadera hacia el frente hasta que regreses a la posición vertical. 15 veces



4. Truck Push

Place hands on truck at shoulder level. Lean against truck, push with consistent force, 5 secs, 4 times per leg.

Con las manos al nivel del hombro y un pie en frente del otro, empuje el camión con fuerza constante por 5 segundos. 4 veces por cada pierna



5. Trunk Rotation

Stand, rotating torso and waist. Pivot through opposite leg of direction of rotation. 20 alternating repetitions

Estando de pie y gire el torso y la cintura de lado a lado. Gire el pie del lado opuesto del movimiento. 20 veces alternadas



6. Bulgarian Split Stretch

Place foot on truck seat. Hold door for balance. Drop back towards back foot, flex glute, draw gut in.

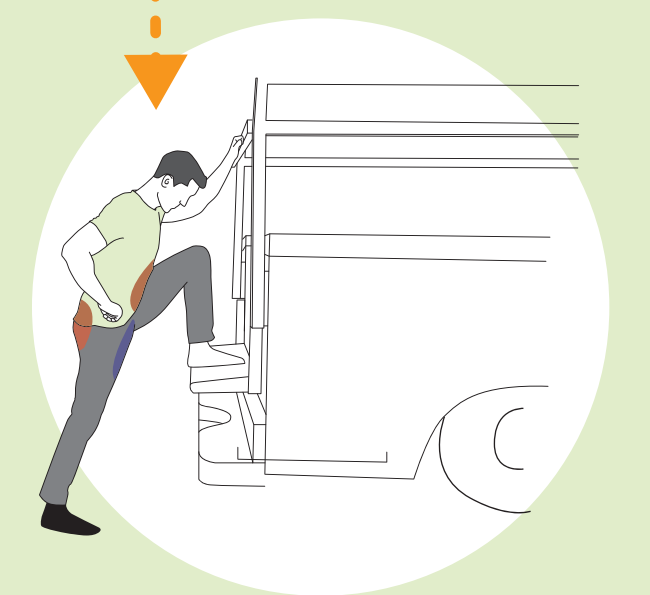
Coloque el pie sobre el asiento del camión. Sosteniendo la puerta, retrocede hacia el asiento y flexione su glúteo.



7. Hip Flexor Stretch

Place foot up on higher surface. Draw in gut, flex glute to maximize stretch.

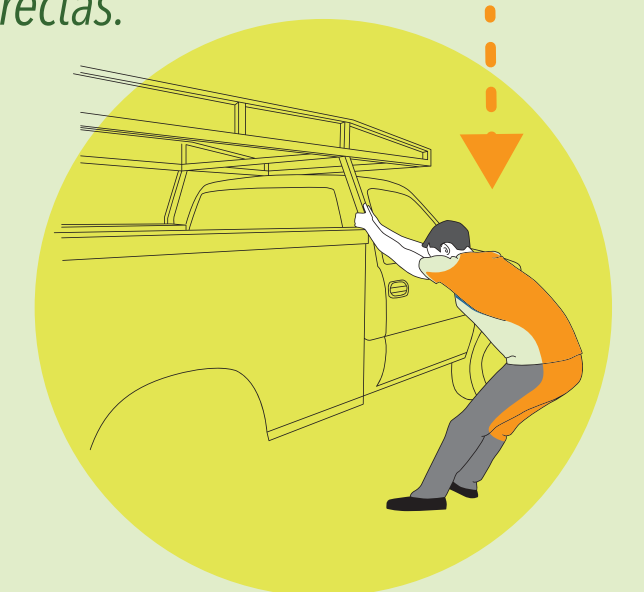
Coloque el pie en una superficie más alta. Contrae tus músculos abdominales y flexiona tu glúteo para máximo el estiramiento.



8. Leaning Back Stretch

Holding the truck, lean back, keeping your legs nearly straight (bend knees to reduce intensity).

Encuentre un lugar seguro para sostenerse en el camión y apóyese hacia atrás manteniendo las piernas rectas.



9. Cross Lean Back Stretch

Stand side-facing truck, reach for secure hold. Step forward with inside foot. Lean away from truck to stretch.

Párese de medio lado, frente al camión, cruce el brazo y sosteniéndose en el camión inclínase hacia el lado, alejándose del camión para estirarse.



Drew Garcia, NALP Work Comp Program Director • drewgarcia@ranchomesa.com

"As with any piece of equipment having a proper maintenance program in place is critical: to help keep the body functioning at its highest level, reduce the risk of injury, and help prolong careers."

Exercise is not without its risks, and this or any other exercise program could result in injury. By participating in these exercises, you expressly waive and release BHHHC, RMIS, and NALP from any and all claims that may result from your participation.

Authored by Collin Dawson, collin@bodiesbycollin.com

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