

# SD63 EMPLOYEE WELLNESS PLAN

## WARM-UP/MOBILITY:

### 1. NECK ROTATION & SIDE BENDING



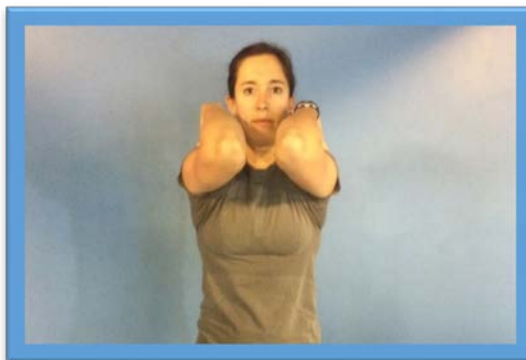
### 2. SHOULDER ROLLS (FORWARDS/BACKWARDS)



### 3. ARM CIRCLES



### 4. SHOULDER HINGES



5. WRIST FLEXORS/EXTENSORS



6. SQUAT AND REACH



7. SIDE LUNGE



8. LUNGE WITH REACH ACROSS

