

# Warm Ups

by Dr Paul Lam



## Walk around smiling, clenching and unclenching hands

### NECK

- Back hands up, press palms to chest, push palms out, hands & head down (3x)
- Head follows eye level palm of one hand to side (3x each side)

### SHOULDERS

- Roll shoulders forward (3x), then back (3x)
- Bring both arms upward, press down “Gathering Sunbeams” (3x)

### SPINE

- Hold ball, then stretch to sky & earth (3x each side)
- Carry ball side to side, alternating hand on top (3x each side)

### HIPS

- Heel forward, then toe back (3x each side)
- One foot to the side, hands push the opposite wall (3x each side)

### KNEES

- Knee up, extend leg & punch opposite fist (3x each side)
- Step forward, transfer weight to front foot & punch opposite fist (3x each side)

### ANKLES

- Touch toe then heel (3x each side)
- Touch outside then inside edge of foot, with heel slightly up (3x each side)