

Snow Shovel Warm up

**Perform each exercise 5-10 times before shovelling*

The Cat



Start on your hands and knees with your back parallel to the floor. Inhale deeply and slowly with your back straight but relaxed as much as possible.

Exhale and stretch your back by arching it upwards (cat position), while remaining relaxed. Do not hold your breath. Inhale deeply and slowly, then return to the starting position.

The Camel



Start on your hands and knees with your back parallel to the floor. Inhale deeply and slowly with the back straight but relaxed as much as possible.

Exhale and stretch your back downwards into a swayback (camel) position. Inhale deeply and slowly, then return to the starting position.

Knee to Chest



Begin the exercise on your back with your knees bent. Place your arms by your side and hands under the buttocks. Re-position your hands until your lower back feels supported. Relax your neck and shoulders.

Squeeze your abdominal muscles and raise your bent knees to your chest. Push down with your elbows and hands for support. You should feel more tension in your tummy than in your low back. Try to keep your neck and shoulders relaxed.

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