

WARM-UP PROGRAMS

Sports medicine has evolved from stretching the body to warming-up the body.

BIOKINETIX 3-Minute Warm-Up™

- A powerful, time-efficient method for preparing the body for work
- Task-specific moves
- Total body preparation
- Uses powerful resistance tools
- Promotes a positive cultural change
- Easily integrated within your worker's daily routine

The Dynamic Warm-Up

- No tools are needed allowing it to be performed anywhere
- For entire body, head-to-toe
- An adaptable, self-contained approach to proper body preparation
- Easily integrated within your worker's daily routine

Key benefits that protect profitability and employee wellbeing ...

- Properly preparing the body for job tasks prior to work
- Preventing knee, back and shoulder injuries
- Promoting a team atmosphere
- Promoting positive employee morale

Warming-Up vs. Stretching | # of Benefits

- Enhances psychological preparedness
- Increases blood circulation
- Primes somatic nerve system
- Increases Lymphatic circulation
- Warms muscles
- Slows down secondary organs
- Dilates lungs
- Increases cellular metabolism
- Readies nutrients from the Liver
- Signals the sympathetic nervous system
- Increases Synovial fluid
- Loosens tendons and ligaments

