

TRADIES TOOLBOX:



**Master
Builders
Association**
New South Wales

A successful day on site starts in the preparation.

Safe Stretching Tips:

- ✓ Hold each stretch for 20 seconds.
- ✓ Stretch only until you feel mild tension, never force it.
- ✓ Don't bounce or strain, and always maintain your balance.

As a tradie or apprentice, your body is your most important tool. Preparing your body each day by properly stretching is key to preventing injury and performing at your best.



Chest Pull

Lace your fingers together behind your back. Roll your shoulders back and pull your hands back slightly to open up your chest.



Forearms & Wrist Stretch

Extend one arm forward with the elbow straight. Use the other hand to gently pull the fingers back (upward and downward) to stretch the forearm and wrist—vital for tool work.



Shoulder & Upper Arm Stretch

Place your right hand on your left shoulder. Use your left hand to pull your right elbow across your chest and hold.



Standing Back Extension

With hands on your buttocks, breathe in deeply. As you exhale, gently arch backward, pressing your hips forward to stretch your lower back.



Calf Stretch

In a lunge position, bend your back knee and grasp the toes of your front foot, stretching your calves.



Lower Back Twist

Stand with feet shoulder-width apart. Twist and lean forward, touching one foot with the opposite hand while raising your other arm behind you.