



# THE LEAN BERETS

## AVENGERS OF HEALTH!

### Workstation Wand Sample Routine

**Workstation Wand Routine:** Perform ≈3-5 reps of each exercise in the sequence below. More reps can be added as needed or desired.

- ✓ **“Triangle” Base Position:** Place feet shoulder width apart with feet pointing forward. Form a “Triangle” with the wand and both arms with wand on the bottom horizontal line. Connect body from feet all the way up to top of head as you lengthen and stand upright.
- ✓ **Levels:** Passive=No pulling on wand. Active=Gently pull wand on each end. Pulse=Towards your end Range of Motion, gently bounce or “pulse” in and out.

#### 1. Overhead Raise (Passive>Active>Pulse)

- Maintain *Triangle* as you raise wand directly over crown of head at the midline.

#### 2. Behind Neck Pull Down (Passive>Active)

- From the *Overhead Raise* midline position, drop wand behind head until it touches back of neck and top of shoulders.

#### 3. Wrist Flexion/Extension (Passive)

- Form smaller triangle with hands placed near outside of thighs then flex and extend wrist from four different positions:
  - Front of Thighs: Palms Back + Palms Forward
  - Back of Thighs: Palms Back + Palms Forward

#### 4. Y & T Side Bends (Passive>Active)

- From *Overhead Raise* position, bend sideways right and left in “Y” or upright triangle position. From *Behind Neck Pull Down* position, bend sideways right and left in “T” position.

#### 5. Snake (Passive)

- Hold wand outstretched in front of shoulders then “snake” wand over to the tip of one shoulder, behind head, then off the tip of other shoulder returning to starting position. Repeat other side. One snake around the head in each position=one repetition.

#### 6. Rockers (Passive)

- Hold wand upright vertical in front of shoulder with hand about 1/3 up from bottom of wand. Drop wand backwards over shoulder then angle towards opposite hip. Center wand on back with flat hands and flat wrists then “rock” wand back and forth to stretch shoulders.

\* **For complete instructions, see my full handout & tutorial videos.**

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