



**STRÆK
DIG STÆRK**

**16 EXERCISES
TO IMPROVE
YOUR STRENGTH**



BAR Jord til Bord

*Danish Slaughterhouse
Industry Health and
Safety Committee*

STRETCH FOR STRENGTH – WHEN YOU HAVE 5 MINUTES

- DURING BREAKS AT WORK AND AT HOME

The exercises on these sheets can reduce pain in the neck, shoulder and arm muscles with a little practice. They have also been shown to have a great effect on tension headaches.

The exercises involve short bursts of strength training for the muscle groups. When exercising with a resistance band, use the resistance in both directions in the exercise. The band should not flutter when releasing tension during the exercise.

- First, choose the exercises that train the muscles giving you pain
- Choose 2-4 of the exercises and do them at least 3 times a week
- Do 20 repetitions of each exercise. You should feel the 'burn' when you reach the last repetitions
- Start with light resistance for the first 2 weeks and then increase
- When you can easily do 20 repetitions in a row, increase the resistance again
- When you are training, vary your workout every other time by shortening the band so you can only do 12 repetitions
- Take a short break (30 seconds) between each exercise

NB: For all exercises, your muscles should feel warm, sore and tired afterwards, but only for a short time. If an exercise causes pain, stop. However, it's normal to experience muscle soreness after a workout ('delayed onset muscle soreness') during the first week of starting a new exercise programme.

Enjoy your workout!

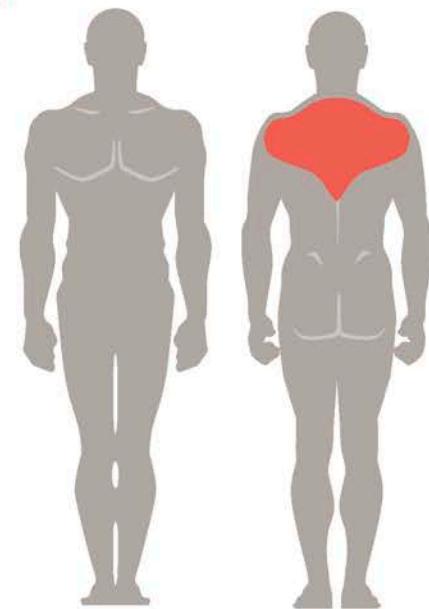
Danish Slaughterhouse Industry Health and Safety Committee,
November 2013

1

SHOULDER SQUEEZE



Keep your wrists straight. Be careful not to bend them forwards or backwards.



1. Make the resistance band short (shoulder width) and hold it out with your arms stretched in front of your chest.

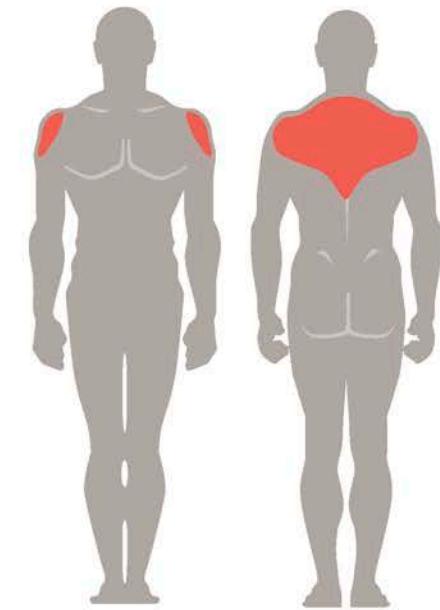
2. Stretch the band until it touches your chest and squeeze your shoulder blades together.

3. Bring your arms slowly back again. Keep your elbows slightly bent throughout the movement.

Exercises 1-5 basically train the same muscles. They also help maintain an upright posture and are great if you often work in a slightly hunched over position.

2

ZIG-ZAG



1. Make the resistance band very short (10-20 cm) and straighten your arms.

2. Move your arms in short, quick zig-zag movements from the bottom and up and down again several times.

3. Remember to relax your shoulders.

Distribute your weight over the entire foot. Don't just stand on your heel or forefoot.

3

DIAGONAL PULL



1. Shorten the resistance band and straighten your arms.

2. Stretch the band until it touches your chest, moving one arm downwards and the other upwards.

3. Move your arms up and down alternately in the shape of a cross.

Remember to breathe deeply – all the way down into your stomach.

4

SHOULDER SQUEEZE LOW



1. Shorten the band, straighten your arms down by your legs.

2. Stretch the band outwards until it touches your chest and squeeze your shoulder blades together.

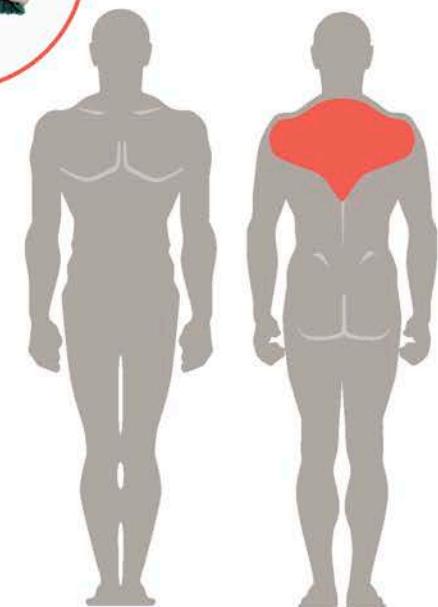
Do 20 repetitions in a row at least 3 times a week. After a few weeks, tighten the resistance band every other time you exercise until you can only do 12 repetitions.

5

SHOULDER SQUEEZE HIGH



Keep your wrists straight.
Be careful not to bend
them forwards or
backwards.



1. Shorten the band, straighten your arms above your head.

2. Stretch the band downwards until it touches your chest and squeeze your shoulder blades together.

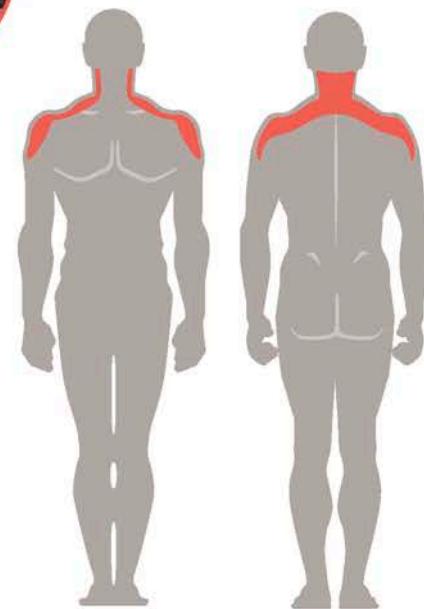
Keep your head in a straight line with your spine. Relax your shoulders.

6

SIDELIFT



Keep your wrists straight.
Be careful not to bend
them forwards or
backwards.



1. Step on the centre of the resistance band.

2. Lift your arms slightly out to the side and up to shoulder height or slightly higher.
Keep your arms slightly bent throughout the movement.

Do 20 repetitions in a row at least 3 times a week. After a few weeks, tighten the resistance band every other time you exercise until you can only do 12 repetitions.

7

EXTERNAL ROTATION UP



1. Step forward on one leg.

2. Stretch your arms out in front of your legs.

3. Raise your arms up and back while **bending** your elbows.

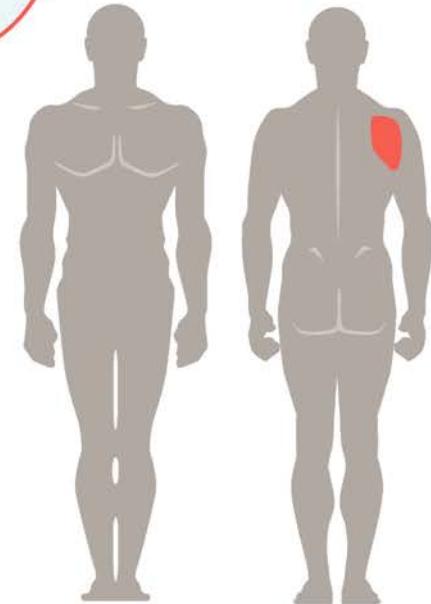
4. Continue the movement until your fists are pointing at the ceiling.

5. Let the band slowly retract.

This and exercise 8 train the four small muscles that control rotation of the upper arm. The rotator cuff muscles.

8

EXTERNAL ROTATION DOWN



1. Attach the end of the band to something solid.

2. Rotate your arm outwards while keeping your elbow a fist's width from your body at all times.

3. Keep your elbow bent at all times.
Keep your upper arm still.

Be careful not to twist your upper body or use your whole arm for the movement. Only your forearm should be moved.

9

WRIST FLEX TENNIS ELBOW



1. Grip the resistance band and step on it with your foot so that it is stretched out.

2. Rest your arm on your leg so that your wrist is just above your knee.

3. Flex your hand up and down, but without going all the way to the bottom.

Exercises 9-14 strengthen your forearms.

10

WRIST FLEX GOLFER'S ELBOW



1. Attach one end of the band to something solid on the same side as the arm you are training.
2. Let your arm rest on the inside of your leg so that your wrist is just above your knee.
3. Flex your hand from side to side.

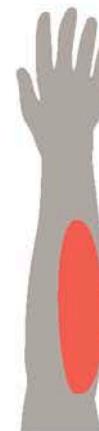
If you have golfer's elbow, you have pain on the inside of your elbow and the inside of your forearm. This and exercise 12 train these muscles.

11

FLEXBAR TENNIS ELBOW



1. Grip the flexbar with your hands at each end in an opposing grip while holding it close to your body.
2. Focus on the hand at the bottom with the palm facing the body (training hand).
3. Stretch out your arms as you raise your training hand.
4. Slowly lower your training hand and repeat the exercise from the beginning.



If you have tennis elbow, you have pain on the front of your forearm and the outside of your elbow. This exercise train these muscles.

12

FLEXBAR GOLFER'S ELBOW

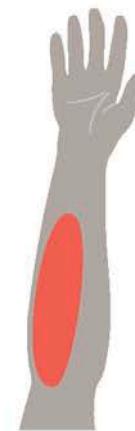


1. Grip the flexbar with your hands at each end in an opposing grip while holding it close to your body.

2. Focus on the hand that is on top and has the palm facing away from the body (**training hand**).

3. Now stretch out your arms as you **lower** your training hand and repeat the exercise from the beginning.

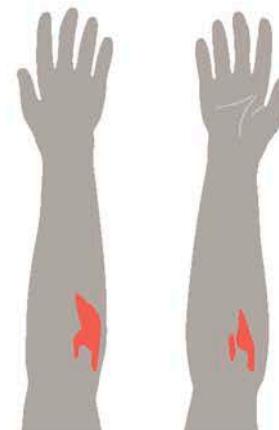
4. Now slowly raise your training hand and repeat the exercise from the beginning.



Repeat the exercise 20 times. Relax your shoulders.

13

FLEXBAR SAD



1. Grip the flexbar with your palms facing downwards.

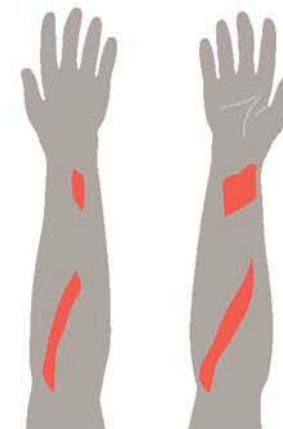
2. Keep your elbows close to your body at all times.

3. Bend the flex bar downwards to form a sad mouth.

Exercises 13 and 14 are great for strengthening the muscles that rotate your forearm. If you are sore when you turn your hand inwards, this exercise is beneficial.

14

FLEXBAR HAPPY



1. Grip the flexbar with your palms facing upwards.

2. Keep your elbows close to your body at all times.

3. Bend the flex bar upwards to form a happy mouth.

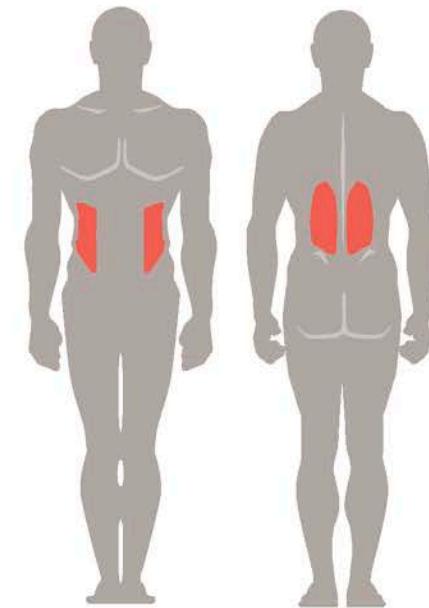
If you are sore when you turn your hand outwards, this exercise is beneficial.

15

BODY ROTATION



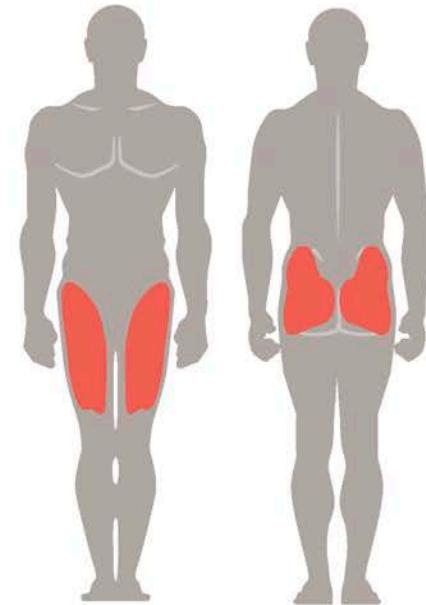
1. Attach the end of the band to something solid at shoulder height.
2. Keep your arms stretched like a pistol grip.
3. Rotate your upper body while following the band with your whole body, as if you were aiming a water gun.



This exercise strengthens your back and obliques.
Repeat 20 times on each side.

16

KNEE BEND – SQUAT



1. Stand up straight with relaxed shoulders.

2. Bend your knees while swinging your arms forwards, bum backwards and torso forwards.

3. Keep a natural arch in your back when bending your knees.

This exercise strengthens your legs and glutes and gets your heart rate up.

SUCCEED WITH YOUR TRAINING!

Experience has shown that these exercises can help a lot of people. After just a few sessions or a few weeks of training, many experience a positive effect. The trick is to incorporate training as a natural part of your week.

Training is most successful when a group can train together. It's easier to stick with the training, it's more enjoyable and fun, and it contributes to a shared awareness of the body and how to deal with aches and pains.

At home, training can be easily incorporated – alone or with the family – without major changes to daily life.

The exercises on these sheets use green resistance bands. In our experience, they are suitable for most people who do physical work in the slaughterhouse and meat industry. Red resistance bands are lighter and blue ones are stronger than the green ones.

Resistance bands can be purchased in many places. We have had good experience with Thera-Band, but there are many suppliers and specifications. Please note that colours and strengths may vary among the different company names.

Find out more at:

www.savportalen.dk under "værktøjer" (tools) or at

www.barjordtilbord.dk under "Slagteribranchen" (Slaughterhouse industry).



This material has been prepared by the Danish Slaughterhouse Industry Health and Safety Committee in close collaboration with Professor Lars Andersen from the National Research Centre for Health and Safety.

For further information:

Danish Slaughterhouse Industry Health and Safety Committee
Danish Industry (DI) and Fødevareforbundet NNF



**STRAEK
DIG STÆRK**