

## Recommended exercises:

- Always do these exercises before and after playing, during breaks and if you notice any discomfort...
- Breathe normally.
- Movements should be slow and smooth; do not tug or make abrupt movements.
- The exercises should never be painful.
- Everybody has a different level of flexibility. Don't compare yourself to others when you do the exercises.
- If you don't feel well, see your doctor.

## Before playing

- Improve your suppleness.
- Warm up your muscles, tendons and joints.
- Improve your performance, delay fatigue, prevent injuries.
- Reduce discomfort..

After doing these exercises you should play your instrument with gentle and varied movements at a moderate pace and intensity, avoiding forcing your body into unnatural positions, for 5 to 10 minutes (e.g., playing scales, mouth flexibility exercises...).

Once you have finished warming up, your body will be in peak condition for playing.

## Do the exercises on this poster for:



### SHOULDERS

Roll your shoulders backwards in a circle.

Repeat 10 times.



### NECK STRETCH

Roll your head slowly from one side to the other as far as you can. Try not to raise your shoulders.

Repeat 10 times.



### FRONT NECK STRETCH

Lower your head towards one shoulder, without raising the shoulder.

Hold for 20 to 30 seconds then repeat on the other side.

### FRONT NECK STRETCH

Lower your head towards your shoulder, without letting it rise. From this position stretch your head forwards and feel the tension in the back of the neck.

Hold for 20 to 30 seconds then repeat on the other side.



### FIST

Clench your fist with the thumb tucked inside. Hold your fist with the other hand. Bend your wrist while you stretch your forearm.

Hold for 20 to 30 seconds then repeat with the other forearm.



### OUTWARDS HAND STRETCH

Use one hand to gently pull the wrist of the other hand backwards, keeping the fingers and elbow stretched.

Hold for 20 to 30 seconds then repeat with the other forearm.



### PALM

Bring the tips of the fingers on both hands together. Then bring your hands together so that the fingers are touching fully. Don't stretch the wrist backwards or lower your elbows. Don't bring your palms together.

Hold for 20 to 30 seconds.



### PECTORAL

Lean your arm against a corner or doorframe with your elbow bent and your shoulder stretched behind. Bring the shoulder forwards.

Hold for 20 to 30 seconds then repeat with the other arm.



### BACK

With both legs slightly bent, let your body fall forwards, arching your back.

Hold for 40 to 50 seconds.

## After playing

- You will recover better if you do not stop playing suddenly. An active cooling-down helps get rid of waste products and prevent fatigue and injuries due to the accumulation of work.
- Do a specific cooling-down routine, gradually reducing activity over 5 to 10 minutes (playing pieces that are slower, easier and gentler).
- Then do the general cooling-down with the exercises proposed on this poster.

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