$5 Fiddle Workshops

Warmups, Stretching and Excercises

Avoiding Injuries:

If it hurts, stop playing. Try to be relaxed in your approach and posture.

Warming up:

1. Warmup before you play **every time**. I also warmup when I wakeup in the morning.
2. Get your blood flowing
3. Warm up large muscles first
    a. Arm Swings (1-2 minutes)
    b. Arm Swings – Cross Body (1-2 minutes)
        i. Arms up gradually
        ii. Thumbs Up
        iii. Thumbs Down
4. Work to smaller
    a. Shoulder rolls together (20)
    b. Shoulder rolls separate (20 each side)
    c. Let your body hang loose (head toward toes)
    d. Extend Hands All the Way
    e. Flex fingers while tensed
    f. Shrug shoulders and hold 5-10 seconds and then release (roll out shoulders)
5. Start slow on your playing slow scales and work up speed.

Stretching After:

1. Stretch after you play **every time**. I also stretch before I go to bed at night.
2. Lean over and hang. Let all of your muscles relax. Relax your arms, back and legs.
3. Stretch arms clasped behind back.
4. Stretch arms across chest individually (keeping straight.)
5. Stretch arms back with thumbs up using back muscles to create tension.
6. Stretch hands together. Praying. Praying upside down. Praying behind back.
7. Stretch hands kneeling with hands at different angles.
8. Stretch Back with hands clasped in front.

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