

Warm Up Stretches for Ukulele Strummers

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If you are unsure of the suitability of any of these exercises, or if you have a medical condition, check with your doctor, chiropractor or physio before starting . . .

IMPORTANT

- Relax your body and do each exercise **SLOWLY and GENTLY**
- Do not overdo any stretch - **IT SHOULD NOT HURT** - if it does, **STOP**

Warm the Hands

rub the palms of your hands briskly together

rub the back of your hand with the palm of your other hand - swap hands



clap your hands softly and briskly together, alternating which hand is on top



give your hands a gentle squeeze

rub the palms of your hands briskly together

Shake Out Your Hands

arms forward and elbows softly bent by your side, keeping your wrists loose, and fingers hanging down - shake your hands

drop your arms to your sides, with shoulders loose, shake your hands – stay relaxed

Finger / Forearm Stretches



arms forward, elbows softly bent by your side
(If you have 'ukulele elbow' have arms extended and elbows locked)

palms up facing outwards - like a stop sign
with your other hand, stretch the fingers gently back - don't overstretch

curl your fingers to make a soft fist, with thumb pointing upwards
gently and slowly pull the thumb back



turn palm upwards -
with your other hand, gently stretch your fingers downwards

repeat these three exercises with other hand

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arms forward, elbows softly bent by your side, and palms facing downwards
gently curl your fingers, then slowly stretch them out like a starfish -
repeat three times

with palms facing sideways, touch each finger to your thumbs,
back and forth **three times**



make a circle with finger and thumb on one hand, link finger and thumb of other hand to
make a figure 8 – gently pull. **Repeat with each finger**



turn palms down, gently curl your fingers and wiggle them
as if you are playing a piano or typing

lift your hands, palms facing and lower your hands and wiggle your fingers
like raindrops falling (remember itsy bitsy spider?)

shake out your hands

Wrist Stretches

arms forward, elbows softly bent by your side, and palms down, keeping wrists loose, slowly
raise and drop your hands, bending at the wrist - **repeat three times**

make fists and **repeat exercise three times**

rotate your wrists in small circles **three times** clockwise, then **three times** anticlockwise

arms by side, elbows bent softly, palms up
turn hands so back of hand faces upwards **repeat five times**



interlace your fingers at chest height with palms facing you, rotate hand so your palms are
facing outwards and gently push your hands away from your body

shake out your hands



Shoulder Stretches

with arms down by your sides, shrug your shoulders up and down

slowly do a forward shoulder roll - **repeat three times** - then backwards

do a big stretch upwards - as if you have just woken up

shake out your hands