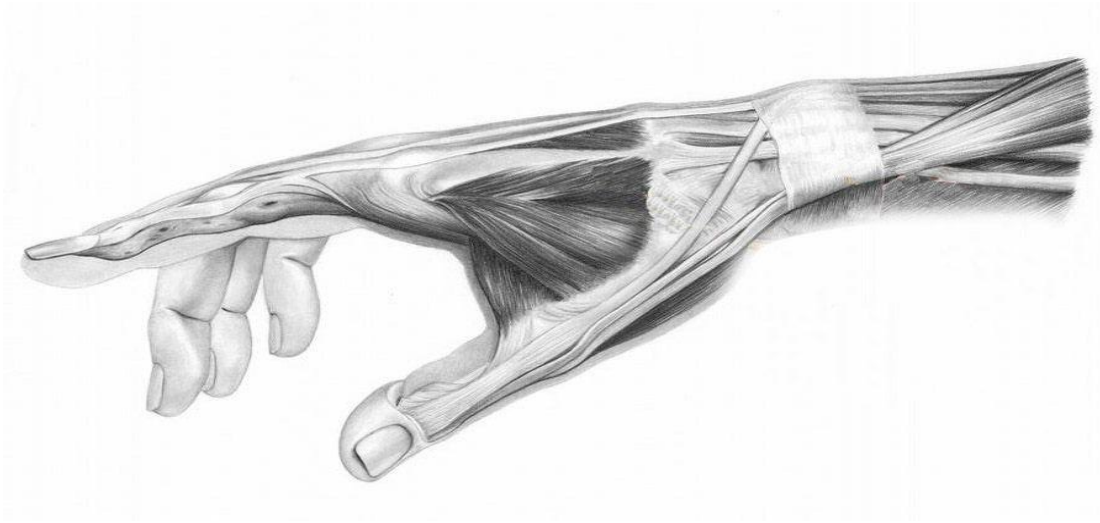


Body Warm-Up Workshop

Jane Curry CGC Academy Guitoberfest 2025



Big joints to little joints

Shoulder rolls/shrugs

Arms high/fingers interlocked/side to sides

Wrist rolls - try both directions

Extensor and flexor stretches

Towel for resistance - extensor/flexor routine, intrinsics side to side + variations

Massage Ideas

Fore-arm sweeps

Thumb muscles

Hand Intrinsics

Joint flexion/extension

Finger 'flushing'