

DYNAMIC STRETCHES

Dynamic stretches are to be performed following an easy 5 minute warm up to break a sweat. These are “moving” stretches that enable the particular muscle group to be prepared for specific exercise. Perform 10-15 repetitions on each leg with a continuous effort.

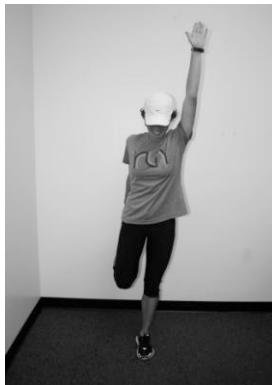


HIP OPENERS: Focus on hip joint. Keep hips squared straight ahead. This may be difficult initially, but flexibility will improve with continued efforts.



LEG CROSSOVER: Focus on low back, Hamstrings, and hips. Keep shoulders on ground and slowly rotate alternating one leg over the other. Strive to keep legs straight.

SCORPION: Focus on Hip Flexors, Quads, and low back. Keep chest and shoulders on ground. Strive to touch the toes of the bent leg to ground. Alternate one leg over the other.



QUAD WALK WITH REACH: Focus on Quads, Hip Flexors and Calves. Grab toes of R leg with R hand. Keep R leg parallel to L. Strive to reach up with opposite arm while extending on toes.

DYNAMIC STRETCHES cont.



INCHWORMS: Focus on Calves & Hamstrings. Begin with bodyweight balanced between hands and toes. Keep legs straight. Slowly tip toe feet in toward hands. Maintain straight legs throughout. Once a stretch is felt from buttocks to the calves walk hands forward and repeat motion.



FORWARD LUNGE W/ ROTATION: Focus on Hip Flexors, Quads, Glutes, Hamstrings and low back. Step forward keeping lead foot flat on ground. Lead leg should be bent 90 degrees at the knee. Keep hips squared straight ahead as upper body and head rotate facing chest in the direction of the lead leg. Left leg forward = Rotate to the Left

PIRIFORMIS WALK: Focus on Piriformis, Glutes and Hamstrings. Work to bring opposite knee across chest while keeping hips squared straight ahead. Start by placing L hand on the outside of the R ankle and R hand on the outside of the R knee. Alternate legs/arms and repeat.



FRANKENSTEINS: Focus on Hamstrings. Alternate kicking straight leg to opposite hand. Maintain straight/upright upper body when kicking to opposite hand.