

# Dynamic Warm-up

# Jumping Jacks to 1/2 Jacks

- From a standing position perform 10 jumping jacks.
- On the 11<sup>th</sup> – laterally raise the arms to 90 degrees (instead of bringing arms completely overhead). Repeat movement 10 times



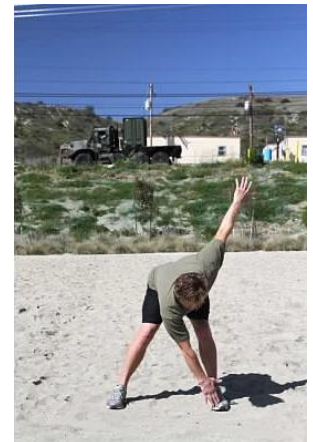
# Around the World

- From the standing position with both arms above your head, your feet shoulder-width apart, knees slightly bent.
- In a fluid clockwise rotating motion, bending at the hips sweep your torso around so that you finish back at the starting position.
- Repeat 10 times. On the 11<sup>th</sup> count, switch directions, performing the same movement ten more times in a counter-clockwise motion.



# Windmills

- Start from a standing position, feet shoulder width apart, toes pointed forward, knees slightly bent, and arms at 90 degrees.
- With your left hand reach to the opposite foot and return to the starting position repeat using the right hand.
- Perform both movements 10 times



# Lateral Hip Exercise

- Start with an upright posture. Keep core tight.
- Lift leg directly out to the side until it reaches about a 45-degree angle. Don't force the movement beyond this range. Hold for one second.
- Then slowly lower the leg to the starting position.
- Three sets of 10 for both legs.





# 45-degree Hip Exercise

- Start with an upright posture. Keep core tight.
- Lift leg back at a 45-degree angle until you feel the glute tighten. Hold for a second. Don't force the movement beyond this range.
- Slowly lower the leg back to the starting position.
- Three sets of 10 for both legs.



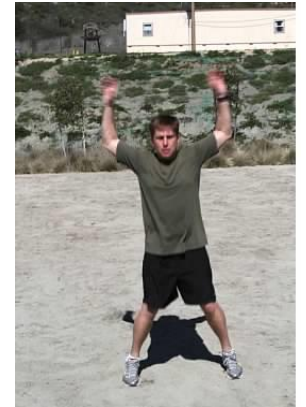
# Toe/Heel Rocks

- Beginning in the standing position, individual will rock up onto the balls of their feet, hold for one second, then rock back onto their heels and hold for another second. Repeat each movement 10-15 times.



# Up/Back/Over

- 3- count exercise: Begin from standing position, arms at sides.
- Count 1 (up)- bring both arms forward and upward.
- Count 2 (back)- bring both arms down and back.
- Count 3 (over)- bring arms forward, up, back, and around to complete a full circle. Repeat exercise movement 10 times.





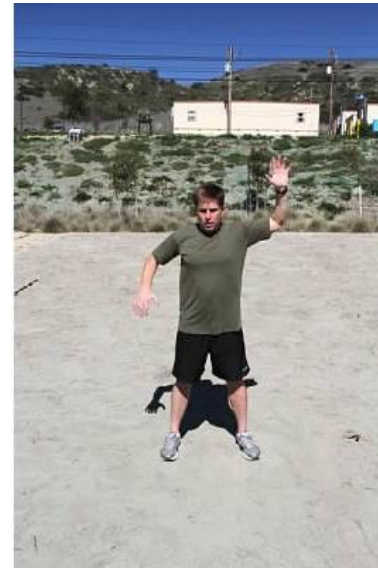
# Chain Breakers

- 3-count exercise: Begin from the standing position with arms bent, fists midline to chest level, and elbows out to the side.
- On count 1, pull elbows back toward the midline of the back, stretching the chest muscles. Repeat same for count 2.
- On count 3, extend the out and back, stretching the chest muscles.



# Hi Jack/ Hi Jill

- 4-count exercise: begin from standing position with one arm elevated above the head, and the other arm down and slightly away from body.
- Count 1 - both arms are pulled backward. Count 2 repeats first.
- On Count 3 - arms exchange position and arms are pulled back and released.
- Repeat exercise 10-15 times



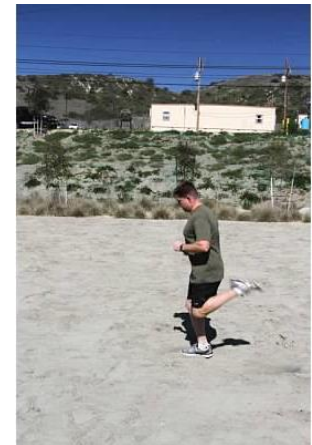
# Hip Openers

- Starting from the standing position, lift your left leg up 90 degrees, then out as far as your leg can go, while walking forward.
- Repeat motion with the right leg continuing to alternate until both legs have performed a total of 20 hip openers.



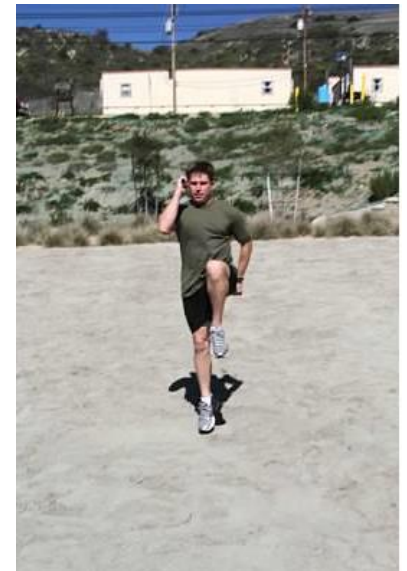
# High Knees / Butt Kicks

- High knees 20-25 yards. Upper body remains upright. Move forward using short, quick steps while raising your knees as high as your hips.
- Butt kicks 20-25 yards. Jog forward, try to touch your heel to your butt. Thighs remain perpendicular to the ground. Lean upper body slightly forward.



# Bounding

- Starting from a standing position while moving forward, lift your left leg up 90 degrees while the opposite arm comes forward and up.
- Repeat motion with the right leg, alternating legs until a total of 20 bounds have been completed.





# Side Shuffle

- From the start line face one direction shuffle sideways 20-25 yards.
- Repeat going back to the start line.
- Complete twice



# Shuttle Run

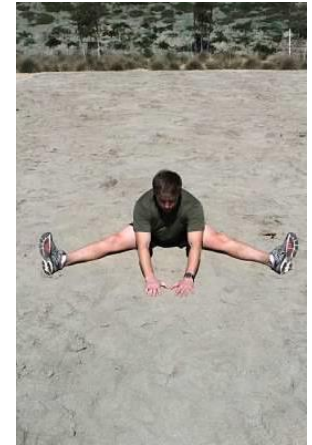
- From the start line run 20-25 yards and return to start line.
- Repeat two more times.
- Complete two shuttle runs increasing your speed on the second shuttle.



# Post Exercise Stretching

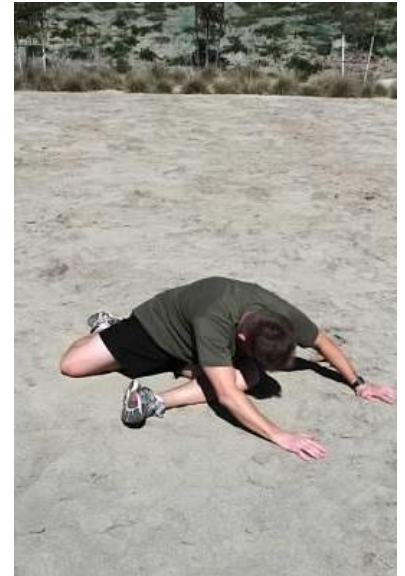
# Three Way Seated Hamstring

- From a seated position, extend both legs out to the side. While keeping back straight lean forward towards left leg and bring chest toward knee. Hold stretch 20-30 sec. Repeat 2 times. Repeat stretch to middle and right leg.



# Seated Piriformis

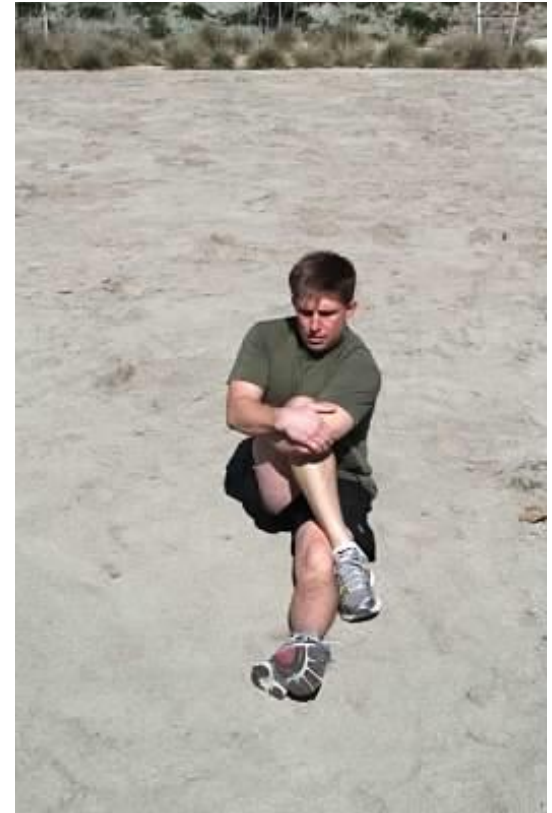
- In a seated position, extend one leg back and the other remains in front bent at the knee in a 90 degree angle. Lean forward, chest over your front knee. Hold stretch 20-30 sec. Repeat 2 times. Repeat on other side.





# Seated IT-Band/Gluteal

- Perform while seated, with one leg extended, and other leg crossed over extended leg at knee. Pull knee toward opposite shoulder. Hold stretch 20-30 sec. Repeat 2 times. Repeat on other side.



# Butterfly

Begin by sitting with legs bent and bottoms of feet together. Grasp ankles and push legs to floor using elbows while bending upper torso towards feet keeping back flat. Hold stretch 20-30 sec. Repeat 2 times.



# Kneeling Hip Flexor

- Begin kneeling on deck with toes pointed straight and back. Move one leg forward until knee of forward leg is directly over ankle of forward foot. Without changing position of either leg, lower front of hip downward until stretch is felt in front of the kneeling leg. Hold stretch 20-30 sec. Repeat 2 times. Repeat on other side.



# Straight Leg/Bent Knee Calf

Start in a plank position. Cross your right foot over your left. Use your hands to push your body backward. Gently push your heel down, trying to touch your heel to the floor. Hold stretch 20-30 sec. Repeat stretch with knee slightly bent. Repeat 2 times. Repeat on other leg.



# Standing Quad

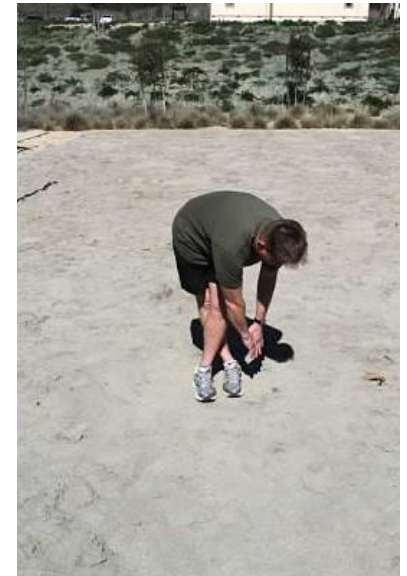
- While standing, bend one leg back towards buttocks stretching front of bent leg. Knees should be kept parallel, underneath hips. Hold stretch 20-30 seconds. Repeat 2 times. Repeat on other side.





# Standing IT-Band

- While standing, cross left leg over right. Shift most of your weight to the left leg and reach down towards the instep of your right foot. Hold stretch 20-30 sec. Repeat 2 times. Repeat on other side crossing your right leg over your left.



# Upper Back/Romboids

- While standing, extend and clasp arms together in front of body turning palms outward and pressing forward until shoulders and back are rounded. Hold stretch 20-30 sec. Repeat 2 times.



# Chest/Arm

- Begin from a standing position. Clasp hands together behind lower back, thumbs pointed down. Bend forward slightly from the waist. Slowly pull arms up towards head. Hold stretch 20-30 sec. Repeat 2 times.



# Posterior Deltoid

- Bring arm that is to be stretched across chest. Use opposite arm to pull arm being stretched toward chest until stretch is felt in posterior shoulder. Hold stretch 20-30 sec. Repeat 2 times.



# Triceps/ Latissimus

- Bring arm to be stretched up and back so that elbow is pointing toward sky and hand rests between shoulder blades. Gently pull arm toward midline behind head to stretch triceps muscle and slowly bend to opposite side of arm being stretched. Hold stretch 20-30 sec. Repeat 2 times. Repeat on other side.

