

# DYNAMIC WARM-UP STRETCHES



Health, Fitness & Wellness Solutions

10 REPETITIONS TO EACH SIDE. ALTERNATING STRETCHES GET TOTAL OF 20 REPETITIONS TO ACHIEVE 10 STRETCHES ON EACH SIDE.

- **ALTERNATING OPPOSITE TOE TOUCH**
  - Step forward & keep forward knee in locked position
  - Reach for toe of the forward leg with the opposite hand
- **ALTERNATING KNEE TUCK AND PULL**
  - Standing on one leg, pull knee to chest & lean back
- **ALTERNATING CRANE TOUCH DOWN**
  - Standing on one leg, reach for the ground with two hands
  - Raise non-supporting leg as high as possible
- **ALTERNATING GLUTE STRETCH**
  - Standing on one leg, grab ankle with opposite hand
  - Pull the ankle towards the opposite hip & hug knee towards center of chest
- **ALTERNATING LUNGE & REACH UP**
  - Lunge forward with opposite arm (of forward leg) raised to reach upward
  - Pull navel towards spine & squeeze the butt cheek of the back leg
  - Slight trunk rotation to side of raised arm
  - Reach over to opposite side of raised arm
- **ALTERNATING SIDE KICKS**
  - Arms reached out to sides
  - Swing feet outward to kick palms with the same foot
- **ALTERNATING LUNGE & ROTATION**
  - Lunge forward with arms extended in front with hands together
  - Rotate trunk and arms over the forward leg
- **ALTERNATING CROSS KICKS**
  - Arms reached out to sides
  - Swing feet across body to kick opposite palm
- **SIDE LUNGE & REACH**
  - Wide step to the side
  - Bend one knee to enable self to touch the foot with both hands
- **ALTERNATING HIP FLEXOR & HAMSTRING**
  - Lunge forward
  - Place both palms on ground inside forward leg
  - Push hip forward to emphasize hip stretch
  - Reposition hand closest to forward leg directly outside the forward leg
  - Extend the knee of the forward leg while keeping hands on ground
- **ALTERNATING SCORPION**
  - Lay faced down with arms reached out to sides
  - Raise one leg off ground
  - Rotate trunk to have raised leg reach for the opposite hand
- **ALTERNATING IRON CROSS**
  - Lay faced up with arms reached out to sides
  - Raise one leg off ground
  - Rotate trunk to have raised leg reach for the opposite hand
- **ROTATION YOGA DOGS**
  - Position self on hands and knees
  - Take knees off ground while extending both elbows & knees
  - Stick butt up into air to achieve "Down Dog"
  - Reposition hips as you push the hips toward the ground to achieve "Up Dog"