

DYNAMIC STRETCHES

you can do before working out



Marshfield Clinic



JUMPING JACKS

- From standing position, jump to a wider stance while raising your arms above your head.
- Immediately return to the starting position and repeat.



HIGH KNEES

- From standing position, lift your knees one at a time so your thighs are parallel to the ground.
- Repeat at a quick pace.



BUTT KICKS

- From standing position, begin to jog in place.
- Emphasize the back stride, bringing your heel as close to your butt as possible.
- Repeat at a quick pace.



LATERAL SHUFFLES

- From standing position, bend knees slightly, extend your arms forward and bend your elbows to 90 degrees.
- Take a wide step to the right, then bring your left foot to meet your right.
- Repeat quickly several times, then perform the exercise on the opposite side.



FORWARD LUNGES

- From standing position, step forward with one foot.
- Slowly shift your weight on to your front foot, lowering your body to a comfortable position.
- Return to the starting position and repeat on the opposite side.



LATERAL LUNGES

- From standing position, step out to one side and plant your foot.
- Shift your weight to that side, bend your knee and lower your body to a comfortable position.
- Return to the starting position and repeat on the opposite side.



ARM CIRCLES

- Lift your arms straight out to your sides at shoulder height, palms facing down.
- Make small circular motions with both arms.
- Make larger circles as you do more repetitions.



PUSH-UPS

- From a plank position with your arms slightly outside shoulder-width, bend your elbows to 90 degrees and lower your chest toward the floor.
- Extend your elbows to return to the starting position.



THROWING MOTION

- If your sport involves throwing a ball or other object, practice the motion with nothing in your hand.

Dynamic Stretching Guide

**Vern Gambetta, Gambetta Sports
Training Systems, Incorporated**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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The Complete Guide to Stretching Christopher M. Norris, 2015-11-05 A reasonable level of flexibility is essential to the healthy functioning of joints and muscles which in turn facilitates performance and reduces the risk of injury Now in its 4th edition The Complete Guide to Stretching provides an accessible overview of the scientific principles that underpin this form of training and offers more than 70 exercises designed to safely increase range of motion right across the body The Complete Guide to Stretching is the definitive practical handbook for Sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance Sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness Sport and exercise therapists who use stretching as an important part of a balanced rehabilitation programme Full colour photographs demonstrate the stretches throughout [The Complete Guide to Personal Training: 2nd Edition](#) Morc Coulson, 2018-09-06 A

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Margolis, 2002 This book is the only authoritative consumer guide specifically aimed at the health concerns of people over 50

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