

# 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

**Poi Chan**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

## **Dynamic Stretching Guide:**

**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 revised and updated second edition of the popular Complete Guide to Personal Training Expertly written and suitable for anyone working as or training to be a Personal Trainer This is a complete reference guide for fitness professionals who prescribe exercise programmes to clients This guide contains practical tips for designing a range of appropriate client exercise programmes Importantly it focuses on the best ways you can sustain a financially successful business in this area and how you can stand out from the crowd It includes The foundations of personal training Planning and delivering exercise programmes Training methods and exercise techniques Nutrition Health and safety Setting up marketing and growing a successful business The book also includes all Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the Qualifications Framework relating to personal training and has been awarded 3 CPD points by the Register of Exercise professionals

**The Complete Guide to Personal Training** Morc Coulson, 2014-10-09 A complete reference guide for anyone involved in prescribing exercise programmes for personal training clients The Complete Guide to Personal Training also covers all of the Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the Qualifications Framework pertaining to personal training and provides the theoretical underpinning of how to programme appropriate exercise for your clients Includes information on The foundations of personal training Planning and delivering exercise programmes Training methods and exercise techniques this enhanced epub also contains nine videos of key exercises Nutrition Health and safety The book contains practical tips for designing a range of appropriate client exercise programmes but always with a focus on the best ways you can sustain a business in this area and how you can stand out from the crowd It is deal for personal trainers in the health and fitness industry as well as those wishing to undertake qualifications in this area

**The Johns Hopkins Medical Guide to Health After 50** Simeon Margolis, 2002 This book is the only authoritative consumer guide specifically aimed at the health concerns of people over 50

**The Complete Idiot's Guide to Healthy Stretching** Chris Verna, Steve Hosid, 1998 Guide to stretching exercises that can be

done at home in the car at work or nearly anywhere      *Geological Guide-book for an Excursion to the Rocky Mountains*

Samuel Franklin Emmons,1894      **Course Integrator Guide for a Wellness Way of Life** Powers, Lord Robbins,2001-07

**The Stretching Exercises Bible** David Nordmark,2013-04-25 Discover How Stretching And Flexibility Exercises Can Help You Be At Your Best It s all about learning how to stretch in more ways than one The Stretching Exercises Bible is more than your typical book of static stretchingexercises Rather it is a complete flexibility training guide whichwill help you increase your strength stamina and energy levels easilyand naturally The truth is that you could look and feel a million times better now if you only knew how to stretch properly Everyone from athletes to office workers will find something within this book that will benefit them immensely Within the pages of this advanced book of flexibility and stretching exercises you will find the following Deep Breathing Exercises The simpleact of breathing deeply and with purpose can have an enormouslypositive effect on the body Energy Exercises These can be done anywhere at anytime to quickly revive you Feeling rundown after working hours at a desk No more Joint Loosening Exercises The modernworld can take its toll on delicate joints like the knees wrists andforearms These flexibility exercises can help reverse this Dynamic Stretching Exercises These build strength and flexibility at the same time They can be used before any athletic activity or as a routine in itself Classic Static Stretching Exercises These are stretches designed for the following sports and conditions back stretches stretches for the legs feet and ankles stretches for the shoulders neck and arms morning stretching routines to start the day of right stretches to deal with lower back tension flexibility exercises for the following sports baseball softball basketball cycling football rugby golf hiking walking hockey tennis squash running skiing soccer surfing swimming volleyball weight lifting and wrestling martial arts Imagine a lion or panther moving through a jungle its supple yetpowerful muscles rippling beneath its skin How does it maintain itsamazing condition Because by instinct all animals stretch They do soto keep their muscles limber and ready for action The Stretching Exercises Bible will show you how to stretch and keep your muscles in the same kind ofpeak natural condition Whether you re an athlete looking for new ways topush his or her body to the limit or an office worker who is tired offeeling sore and stressed The Stretching Exercises Bible has something for you      **Ultimate Flexibility** Sang H. Kim,2010-09-22 Ultimate Flexibility is the book you ve been waiting for More than a collection of exercises or an explanation of technique Ultimate Flexibility is a complete guide to stretching for martial arts from the very basics of why you should stretch to detailed workout guidelines for every style and level of martial arts practice Written by acclaimed author and martial artist Sang H Kim Ultimate Flexibility is your guide to achieving maximum flexibility in your training Begin with an in depth look at the hows and whys of flexibility and stretching      *Aerobics Instructor Manual* Richard Thomas Cotton,Robert Lewis Goldstein,1993 Suitable both for people setting out to be instructors and for seasoned professionals this resource provides a guide to the scientific instructional and professional knowledge required of group fitness instructors Chapters include exercise physiology fundamentals of anatomy biomechanics and applied kinesiology

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## **Table of Contents Dynamic Stretching Guide**

1. Understanding the eBook Dynamic Stretching Guide
  - The Rise of Digital Reading Dynamic Stretching Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Dynamic Stretching Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Dynamic Stretching Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Dynamic Stretching Guide
  - Personalized Recommendations

- Dynamic Stretching Guide User Reviews and Ratings
- Dynamic Stretching Guide and Bestseller Lists
- 5. Accessing Dynamic Stretching Guide Free and Paid eBooks
  - Dynamic Stretching Guide Public Domain eBooks
  - Dynamic Stretching Guide eBook Subscription Services
  - Dynamic Stretching Guide Budget-Friendly Options
- 6. Navigating Dynamic Stretching Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Dynamic Stretching Guide Compatibility with Devices
  - Dynamic Stretching Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Dynamic Stretching Guide
  - Highlighting and Note-Taking Dynamic Stretching Guide
  - Interactive Elements Dynamic Stretching Guide
- 8. Staying Engaged with Dynamic Stretching Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Dynamic Stretching Guide
- 9. Balancing eBooks and Physical Books Dynamic Stretching Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Dynamic Stretching Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Dynamic Stretching Guide
  - Setting Reading Goals Dynamic Stretching Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Dynamic Stretching Guide
  - Fact-Checking eBook Content of Dynamic Stretching Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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