

# 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

**Huangqi Zhang**



## **Dynamic Stretching Guide:**

## Reviewing **Dynamic Stretching Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Dynamic Stretching Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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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
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  - Dynamic Stretching Guide Enhanced eBook Features
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  - 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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