

# 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

**Léo Pomar**



## **Dynamic Stretching Guide:**

## Whispering the Strategies of Language: An Psychological Quest through **Dynamic Stretching Guide**

In a digitally-driven world wherever displays reign great and quick connection drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases often move unheard. However, located within the pages of **Dynamic Stretching Guide** a interesting literary value pulsating with fresh thoughts, lies an extraordinary quest waiting to be undertaken. Published by a skilled wordsmith, that enchanting opus attracts viewers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very fabric of every word. Within the emotional depths of this poignant evaluation, we shall embark upon a heartfelt exploration of the book is key styles, dissect its interesting publishing fashion, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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