

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

Brian Gray



Dynamic Stretching Guide:

Unveiling the Power of Verbal Art: An Emotional Sojourn through **Dynamic Stretching Guide**

In some sort of inundated with monitors and the cacophony of fast conversation, the profound power and emotional resonance of verbal art frequently fade into obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, situated within the lyrical pages of **Dynamic Stretching Guide**, a interesting function of literary splendor that pulses with raw emotions, lies an memorable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, that exciting opus guides visitors on a mental odyssey, delicately exposing the latent potential and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is central styles, dissect its interesting writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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