

# 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**



## **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 truly astonishing. Within the pages of "**Dynamic Stretching Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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