

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

**Vern Gambetta, Gambetta Sports
Training Systems, Incorporated**

A red circular graphic with a gradient, appearing as a semi-circle on the right side of the slide, partially overlapping the grey bar.

Dynamic Stretching Guide:

Dynamic Stretching Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Dynamic Stretching Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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