

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

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Dynamic Stretching Guide:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Dynamic Stretching Guide**

In some sort of inundated with displays and the cacophony of instantaneous conversation, the profound energy and emotional resonance of verbal beauty usually fade into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, located within the lyrical pages of **Dynamic Stretching Guide**, a captivating perform of fictional beauty that pulses with natural feelings, lies an remarkable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that exciting opus manuals visitors on a psychological odyssey, gently revealing the latent possible and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is key themes, dissect its captivating publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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