

Dynamic Stretching & Warmup

Single Leg Glute Bridge

- Lie faceup on the floor with your left knee bent and your right leg straight. Raise your right leg until it's in line with your left thigh. Push your hips upward, pushing from your heel. Pause then slowly return to the start position. Switch Legs.
- Do 10 each leg, three to five sets. Rest between each set.



Walking Spiderman Stretch

- Get into push up position, hands under shoulders, body straight, neck in line with spine. Step your right foot forward and place it flat on the floor outside your right hand, pause for two seconds then bring your foot back to the starting position. Repeat with left foot.
- Do 10 each leg, three to five sets. Rest between each set.



Wall Slide

- Stand with your toes facing forward with your heels, butt, upperback and the back of your head touching the wall behind you. Slowly extend your arms up then slowly bend back down as far as you can while staying in contact with the wall.
- Do 10 in both directions, three to five sets, rest between sets.



Standing Y Station

- Stand upright, toes facing forward, feet shoulder length apart.
- Keep your arms straight and shoulders down, raise your arms as far as possible, palms facing each other to form a Y shape. Bring your arms slowly back to your sides and repeat.
- Do 10 times, three to five sets, rest between sets.



Standing T Station

- Stand upright, toes facing forward, feet shoulder length apart.
- Without shrugging your shoulders, extend your arms directly out to your sides, parallel to the floor, palms down. Squeeze your shoulder blades down and back then bring your palms together in front of you and repeat.
- Do 10 times, three to five sets, rest between sets.



Standing W Station

- Stand upright, toes facing forward, feet shoulder length apart.
- Keeping your arms straight, spread your fingers and rotate your palms outward until your thumbs point backward. Squeeze your shoulder blades down and together, pause, return to start position and repeat.
- Do 10 times, three to five sets, rest between sets.



Squat Thrust

- Stand with your feet shoulder-width apart and your arms at your sides. Push your hips back, bend your knees, and lower your body as deep as you can into a squat.
- As you go down, place your hands on the floor in front of you, shift your weight onto them. Kick your legs backwards into a push up position. Bring legs back to the squat position, stand up quickly and repeat.
- Do 10 reps, three to five sets, rest between sets.



Inchworm

- Stand tall with your legs straight and bend over and touch the floor. Keeping your legs straight, walk your hands forward (you can bend your legs if you can't reach). Keeping your core braced, walk your hands out as far as you can without allowing your hips to sag.
- Then take tiny steps to walk your feet back to your hands.
- Do 10 forward and back, three to five sets, rest between sets.



Forward Backward Jump

- Assume a shoulder width stand with our feet parallel. Keeping your gaze forward and your shoulders square, alternate jumping a few inches forward, then the same distance back, continuously for 30 steps.
- Do three to five sets, rest between sets.



Side to Side Jump

- Assume a shoulder width stance with your feet parallel. Keeping your gaze forward and your shoulders square, alternate jumping a few inches to your left, then the same distance to your right, continuously for 30 reps.
- Do three to five sets, rest between sets.

