

DYNAMIC STRETCHING ROUTINE

7 MINUTES TOTAL

Walking Knee Hugs

Quad Pull Stretch

Tiptoe Series

Squat Walkout to Plank

High Knees

Lateral Shuffle Series:
Slow, Fast

Backwards Jog

Walking Knee Hugs

✓ Stand up straight, slowly walk forward

✓ Keeping your core tight and back straight, bring your right knee to your chest until you feel a stretch in your hamstrings and glutes

✓ Repeat with the left knee

Perform two sets with each leg in a controlled fashion for 25 seconds



Quad Pull Stretch

✓ Stand up tall and shift your weight to the left leg

✓ Lift your right foot and grasp it with your right hand

✓ Pull the right foot toward your glutes until you feel the stretch in your quads

Hold the stretch for 30 seconds and repeat with the left leg



Tiptoe Series

✓ **Core engaged and standing up straight, take steps forward**

✓ **Toes in: with each step, walk on your tippy toes with your toes pointed in slightly. Do not let your heels touch the ground**

✓ **Toes out: with each step, walk on your tippy toes with your toes pointed out slightly. Do not let your heels touch the ground**

✓ **Toes up: with each step, point your toes towards the sky, walking on your heels. Do not let your toes touch the ground**

✓ **Perform each step in a controlled fashion**

Complete 20 seconds per variation



Squat Walkout to Plank



✓ Stand with feet shoulder-width apart and core engaged. Begin a squat, hinging forward at the hips and place both hands on the floor

✓ Keeping core engaged, walk your hands forward one at a time to come into a high plank position

✓ Keeping core engaged, walk hands back to your feet, and stand to complete the exercise

Repeat for 1 minute

High Knees

✓ Stand up straight, core engaged

✓ Begin running in place

✓ With each step bring your knee up high until it is near parallel with your hip

Continue for 45 seconds



Lateral Shuffle Series: Slow, Fast



Start standing with feet hip distance apart and sink into a 1/2 squat. Bring both hands in front of the chest in guard position



Start with the right foot moving right with the left foot following. Shuffle to the right for four steps, then move left for four steps

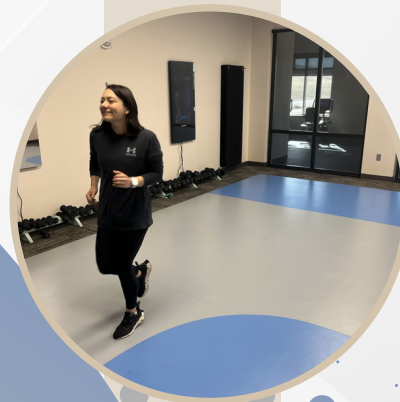
Continue shuffling slowly for 20 seconds, followed by shuffling at a quicker pace for 30 seconds



Backwards Jog



Before you begin, confirm you have a clear lane of space



Begin jogging backwards at a comfortable pace



Perform for 45 seconds