

## Dynamic Stretching Program

Use this dynamic stretching program as part of your warm-up routine. Dynamic stretching should always follow light activity like jogging or light cycling to increase muscle temperature. If you would like Limitless Athletics to develop a more sport specific dynamic stretching routine, please do not hesitate to use our consulting services.

**The following guidelines apply to all dynamic stretches:**

- 8 Repetitions for each exercise
- Increase range of motion progressively
- Contract muscles as you stretch

### **Alternating Step Lunge with Twist**

- Stand erect with feet shoulder width apart, this is starting position
- Lunge forward with with left leg, planting left foot pointing straight ahead
- Lower into lunge position with right knee 1-2 inches above floor
- Reach up with the right hand and bend the torso laterally to the left side
- Return to lunge position then push off with left leg to return to starting position
- Repeat with right leg and left arm until 8 total repetitions are complete

### **Inch-worm**

- Assume a push up position with arms extended, this is the start position
- Walk your feet towards your hands until you feel a light stretch in the hamstrings
- Hold this position for 2 seconds then walk your hands forward until you return to start position
- Continue this sequence for 8 repetitions

### **Side lunge with hop**

- Stand erect with feet shoulder width apart, this is the start position
- Take an exaggerated step to the left, with your left leg
- Shift your body weight to the left foot and flex your left knee to lower your body
- Hold for 1 second when you feel a light stretch on the inside of your right thigh
- Return body weight to the center
- Shift your body weight to the right foot and flex your right knee to lower your body
- Hold for 1 second when you feel a light stretch on the inside of your left thigh

- From this position, forcefully extend your right knee and hop to the left
- Continue this sequence for 8 repetitions

## **Arm swings**

\*Note: it is important to progressively increase range of motion for this stretch.

- Stand erect with feet shoulder width apart and arms outstretched to the front
- Swing both arms in unison to the left while keeping the torso, shoulders, and head straight
- Immediately reverse direction and swing both arms to the right while maintaining core position
- Continue this sequence for 8 repetitions then begin alternating arm swings (next steps)
- Stand erect with feet shoulder width apart and arms raised to shoulder level
- Swing both arms in front of the body, as they cross try to lightly slap your back
- Immediately reverse direction and swing arms behind the back
- Continue this sequence for 8 repetitions

## **Trunk rotation**

- Stand erect with feet slightly wider than shoulder width and arms crossed
- Twist your torso to the left then back to the right trying to achieve a light stretch
- As you progress through this stretch, allow your arms to extend from the body