

# Dynamic Warm-up

## Other things to get you moving.....

### Jumping Jacks

### High Knees

Alternate forcefully driving knees up toward your chest in a running motion.

### Butt Kick Progression

Alternate forcefully driving heels back toward butt in a running motion.

## Some Static stretches....

### Side-to-Side Lunges

Start in low squat position. Slowly shift body back and forth from left to right staying as low as possible. Shift to left until right leg is straight, then to right until left leg is straight. Do about 10 reps to each side.



### SPRINTER STRETCH

In push-up position with trunk slightly bent, cross right foot over left foot and pump left foot up and down. Do about 10-15 repetitions then put left foot over right and repeat.



### SUNRISE STRETCH

Lying on right side with knees bent up to waist level. Place right hand on top of left knee and slowly rotate upper body to the left, keeping left arm straight. Rotate body until stretch is felt in mid back. Move left arm up towards head more until stretch is felt in front of shoulder. Hold for 30 seconds. Repeat for other side. Do 2-3 repetitions for each side.



### FIGURE 4 – PIRIFORMIS STRETCH

Lying on back with knees up, rest right foot on top of left knee. Reach both hands behind left thigh and pull left leg back until stretch is felt in right buttock. Hold for 30 seconds. Repeat for other side. Do 2-3 repetitions for each leg.

Courtesy of the Sports Medicine Department at



Cheshire Medical Center  
Dartmouth-Hitchcock

cheshiremed.org

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## WALKING LUNGES and LUNGE WITH A TWIST

Take a long, exaggerated step forward with one leg. Drop your hips straight down until your thigh is parallel to the ground. Do not allow the knee of your forward leg to extend in front of your foot. The knee of your trailing leg should stop approximately 2 inches above the ground, not touch the ground. Keep chest up. Push off with your forward leg, at the same time cycle your trailing leg through and perform the same motion as described above.

Repeat stepping forward 4-5 times with each foot (8-10 times all together); Then do 8-10 more, adding a "twist" toward the front leg at the bottom of the lunge.



## QUADRICPES AND HAMSTRING STRETCH

Grab one foot with the same side hand and pull the heel to the butt. Lean forward, keeping trunk straight and lift the knee as high as possible. You should feel a stretch in the hamstring of standing leg, and in quad of leg being pulled up. 8-10 on each side.

## TIN MANS

Bring one leg straight up, trying to touch opposite hand. Keep chest up, don't lean down to leg. 8-10 to each side



## HIGH KNEE GRAB

Grab knee with both hands and pull up to chest to stretch glutes, while coming up onto toes on the other leg- standing tall to stretch hip flexor. 8-10 to each side.

## FIGURE 4

Grab the shin with both hands and bring to waist height. At the same time, extend hip of supporting leg while rising on the toe. 8-10 to each side.



## WOOD CHOPPERS

Stand with your feet shoulder width apart, knees slightly flexed, upper body erect with a firm center. Swing your arms overhead and down between the legs in a chopping, but controlled, motion. Bend at the knees and waist as your arms go between your legs. Extend your body and reach tall on the return movement. Do 10-15 repetitions and 2 sets.

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