

DYNAMIC FLEXIBILITY EXERCISES

1. LEG SWINGS

- A. Stand on one foot and swing the opposite foot front to back.
- B. On the same foot swing opposite leg across your body and back.
- C. Repeat for the other leg.



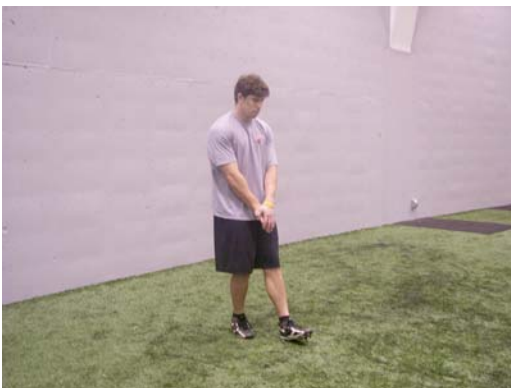
2. TFL

- A. Stand with one foot forward and the back foot turned slightly out. The arm on the same side as the back foot is extended over your head.
- B. Side bend reaching your raised arm to the side of your front foot.
- C. Rotate your shoulders toward your back foot. Stretch and return to start.



3. STANDING HAMSTRING

- A. Stand upright with one leg 6 inches in front of the other. The toes of the front foot should be up and the back leg is bent slightly.
- B. With one hand over the other reach slowly to the front foot, stretch and return to starting position.
- C. Switch legs and repeat.



4. TOE TOUCHES

- A. Balancing on one foot with heel flat.
- B. Bend at the waist touching opposite hand to foot.
- C. Back leg is elevated slightly with knee slightly bent.
- D. Switch legs and repeat.



5. STARTER'S HAMSTRING

- A. Squat down with one foot forward and back foot about foot behind under your hips.
- B. Keeping your palms flat on the ground, raise your hips and extend your front leg as far as possible.
- C. Stretch and return to starting position.
- D. Repeat with other leg.



6. SIDE LUNGE

- A. Stand with feet out wide and toes turned slightly out.
- B. Side lunge toward one leg keeping the other leg straight.
- C. Reach with your opposite hand to the toes of the leg you are lunging toward.
- D. Stretch, come back to starting position and repeat to other side.



7. 4 POINT GROIN

- A. Start in same position as side lunge, but with toes straight ahead.
- B. Follow this progression keeping your legs straight – left hand in front of right foot, right hand in front of left foot, left hand behind right foot, then right hand behind left foot.
- C. There is no need to return to starting position during the progression.



8. STATIC GROIN

- A. Start in same position as 4 point groin with your legs split even farther to the side.
- B. With your palms flat on the groin, bring your chest as tight to your legs as you can.
- C. This is a static stretch. Get to the full stretch position and hold for the time.



9. LUNGE W/ TWIST

- A. Start in a lunge position with one knee down and your hips down and toward your front foot.
- B. You should feel the stretch in the hip flexor at the starting position.
- C. With your arms across your chest, rotate your trunk away from the front foot.
- D. Stretch and return to starting position.
- E. Switch legs and repeat for the other side.



10. HANG DOWN

- A. Stand with your feet under your hips and your knees slightly bent.
- B. Bend slowly forward at the hips.
- C. Let the arms and head hang relaxed.
- D. This is a static stretch. Once in the fully stretched position, hold for the prescribed time.

