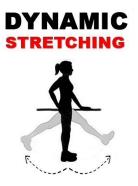


- 1. Begin with an easy paced jog for about 800m or 5-10 minutes. This run should be at a pace that allows for easy conversation.
- 2. If needed, after the beginning jog individuals can complete targeted static stretching.
 - a. Hamstrings, calves, quads, etc.
- 3. After static stretching, you can jog for another few minutes or foam roll.
- 4. Next, continue on to dynamic stretching.





Repetitive movements Increases heart rate Important for warm-up

Stationary Decreases heart rate Important for cool-down

Why is dynamic stretching important?

- Activates musculature about to be used with activity
- Improves range of motion
- Reduces stiffness
- Improves body awareness
- Potentially increases flexibility
- Potentially decreases post-activity soreness (DOMS)

Look below for examples of dynamic and static stretches!



Dynamic Stretches

Great for a warm-up!

1. Skipping

- a. Add arm circles
- b. Add punches
- c. Add hugging yourself while alternating top arm

2. Butt kicks

Jog while kicking your heel to your glutes.

3. Good mornings

Start by galloping sideways. Move your arms above your head, let them cross, and bring them back down in front of you letting them cross again.

4. Walking knee hugs

Walk and in-between steps pull your knee to your chest.

5. Zombie walks

Put your arms straight out in front of you, and when walking try to swing your leg to touch your hand.

6. T-walks

Walk and in-between steps, try to touch the ground while keeping your knees straight. One foot remains on the ground, the other foot goes straight behind you in the air.

7. Hamstring scoops

Walk and in-between steps, extend one leg in front of you while still touching the ground with your heel. Bend down with a scooping motion. Stand up completely and repeat.

8. Open/Close gate

Walk forward and swing your leg forward like you are going over a hurdle. This is "close gate". Complete this same motion while walking backwards, but move your leg like the hurdle is behind you. This is "open gate".

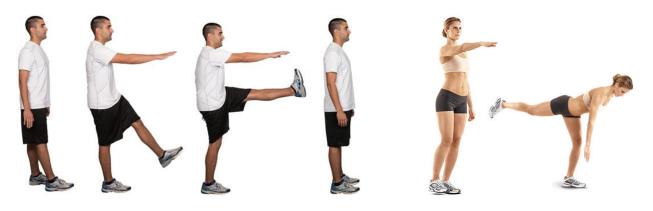
9. Inchworms

Start in a pushup, with small steps walk your feet up to your hands and once you cannot keep your legs straight walk your hands out and repeat

10. Leg swings

- a. Side to side
- b. Forward/backward





Zombie Walks

T-Walks



Hamstring Scoops



Close gate

Open gate



Static Stretches

Great for a cool down!

Hold each stretch for 30-60 seconds.

1. Quad stretch

Stand on one leg, and pull your heel to your glutes.

2. Figure-4 glute stretch

Lay down, and bend both knees to 90 degrees with the heels off the ground. Put one heel on the opposite knee. To increase the stretch, push your knee away from you.

3. Calf stretch

Find a wall and prop the ball of your foot on it. Keep your heel on the ground.

4. Groin stretch

While standing, spread your legs wide apart and then bend one knee and lean to that side. Switch sides.

5. Hip flexor stretch

Get into a lunge position, and then tilt your pelvis forward. This will stretch the back leg.

6. World's greatest stretch

Go into a lunge position with the back leg straight. The same side as the back leg, lower that hand to the ground. Rotate up, so the opposite arm is straight in the air.

7. TFL stretch

While standing, cross your legs over each other. The back leg's hip should stick out to the side. Raise that side's arm overhead.

8. Pec stretch

Find a corner or doorway, extend your arm out beside you and put it against the wall. Turn away from your arm to feel the stretch.

9. Lat stretch

Find a flat surface or something you can hold on to. Get to eye-level with this surface by kneeling or bending at the hip. Extend your arms above your head and rest your forearms on the surface.

10. Wrist extensors/flexors stretch

Pull your hand back and push it forward using your other hand.









Figure-4 glute stretch

Groin stretch

World's greatest stretch







TFL stretch



Pec stretch



Lat stretch