

Dynamic Stretching & Warmups

Jumping Jacks

- Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head, while jumping up just enough to spread your feet out wide. Without pause, quickly reverse to the starting position and repeat.
- *Do 10 reps, three to five times.*



Arm Circles

- Stand upright and while swinging both arms in large circles.
- *Do 10 in each direction, three to five sets, rest between sets.*



Walking High Knees

- Stand tall with your feet shoulder-width apart. With-out changing your posture, raise your left knee as high as you can and step forward. Repeat with your right leg. Continue to alternate back and forth.
- *Do 10 with each leg, three to five sets, rest between sets.*



Walking High Kick

- Stand tall with your arms hanging at your sides. Keeping your knee straight, kick your left leg up – reaching with your right arm out to meet it – as you simultaneously take a step forward (solider march).
- As soon as your left foot touches the floor, repeat the movement with your right left and left arm. Alternate back and forth.
- *Do 10 with each leg, three to five sets, rest between sets.*



Lunge with Side Bend

- Stand tall with your arms hanging at your sides. Step forward with your right leg and lower your body until your right knee is bent at least 90 degrees.
- As you lunge, reach over your head with your left arm as you bend your torso to your right. Reach for the floor with your right hand. Return to the starting position.
- *Do 10 with each leg, three to five sets, rest between sets.*



Reverse Lunge with Reach Back

- Stand tall with your arms hanging at your sides. Brace your core and hold it that way. Lunge back with your right leg, lowering your body until your left knee is bent at least 90 degrees.
- As you lunge, reach back over your shoulders and to the left. Reverse the movement back to the starting position.
- Complete the prescribed number or reps with your right leg, then step back with your left leg and reach over your right shoulder for the same number or reps. Keep your torso upright for the entire movement.
- *Do 10 with each leg, three to five sets, rest between sets.*



Low Side to Side Lunge

- Stand with your feet set about twice shoulder-length apart, your feet facing straight ahead. Clasp your hands in front of your chest.
- Shift your weight over to your right leg as you push your hips backward and lower your body by dropping your hips and bending your knees. Your lower right leg should remain nearly perpendicular to the floor. Your left foot should remain flat on the floor.
- Without raising yourself back up to a standing position, reverse the movement to the left. Alternate back and forth.
- *Do 10 each side, three to five sets, rest between sets.*



Inverted Hamstring

- Stand on your right leg, your knee bent slightly, Raise your left foot slightly off the floor. Without changing the bend in your right knee, bend at your hips and lower your torso until it's parallel to the floor.
- As you bend over, raise your arms straight out from your sides until they're in line with your torso, your palms facing down. Your left leg should stay in line with your body as you lower your torso.
- Return to the start.
- *Do 10 each leg, three to five sets, rest between sets.*



Inchworm

- Stand tall with your legs straight and bend over and touch the floor. Keeping your legs straight, walk your hands forward (you can bend your legs if you can't reach). Keeping your core braced, walk your hands out as far as you can without allowing your hips to sag.
- Then take tiny steps to walk your feet back to your hands.
- *Do 10 forward and back, three to five sets, rest between sets.*



Carioca

- Feet shoulder width apart, toes pointed forward, with knees slightly bent. Shift your weight to the balls of your feet. Quickly cross your right foot in front of your left, then your left, then your left foot out to your left. On your next step, cross your right foot behind your left foot, then step your left foot to your left again. Continue moving to your left, alternating stepping your right foot in front of and behind your left.
- *Do 10 steps each direction, three to five sets, rest between sets.*

