

Dynamic Stretching for Warm-up

This program is part of a comprehensive warm-up. A warm-up should have at least three things.

1. 5-10 minutes of light cardiovascular work.
2. Dynamic stretches – stretching with movement.
3. Sport-specific or activity-specific agility drills.

Inchworms:

- Start in pushup position, keeping core active.
- Walk your feet forward toward your hands without bending your knees.
- Do not move your hands forward while moving your feet.
- Stop when you can no longer move feet forward and keep knees straight. Let your heels drop.
- Walk your hands out to the start position.

*Repeat for **10** repetitions and perform **2** sets.



Soldier Kicks:

- Start in standing position with core active and arms out in front of you.
- Kick one leg up towards your hands but keeping the knee straight.
- Slowly lower leg to ground with control and take a step.
- Repeat on the other leg.
- When kicking, **DO NOT** bend the leg you are standing on or go up on your tip toes.

*Repeat for **20** kicks and perform **2** sets.



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Cradle Walk:

- Start in standing position with core active.
- Bend knee, and grab your shin. Pull upward toward your other shoulder.
- Hold three seconds.
- Lower foot with control and take a step.
- Repeat on the other leg.

*Repeat for **20** grabs and do **2** sets.



Shin Grabs:

- Start in standing position with core active.
- Bend one knee so you can grab your ankle with the same-side hand.
- Pull ankle toward your bottom while keeping your knee pointed at the ground
- Hold three seconds, then lower foot and take a step.
- Repeat on the other leg.

*Repeat for **20** grabs and do **2** sets.



Lunge Walk:

- Start in standing position with core active.
- Take a large step and lower the back knee to the ground with control. Stop before your knee hits the ground.
- Keep trunk upright. Do not arch back. Do not let front knee move forward past your foot.
- Return to starting position and repeat on other leg.

*Repeat **10** lunges and do **2** sets.



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