

## Dynamic Stretching

Dynamic stretching does a great job of improving dynamic flexibility and can be a part of your warm up for any movement-based activity.

To help you get started, here are four dynamic stretching exercises that you can do to get your body ready for exercise.

### Forward Leg Swing

This is a great exercise that dynamically stretches your hip flexors and extensors. I use it before all of my lower body (or full body) workouts. I also use it with all of the athletes that I work with. Always make sure you get your body temperature up with a warm up of some sort before doing any of these exercises. Your tissues are more pliable when they are warm.

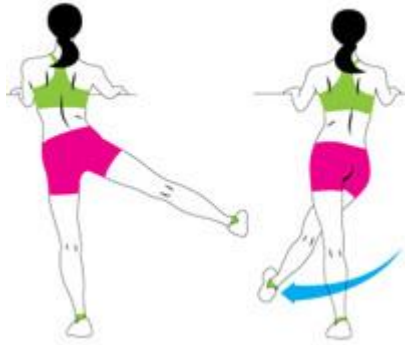
Find something you can hold onto that provides enough space for you to swing your leg forwards and back in front of you. A wall will do. Flex and extend one leg at a time. Keep your legs straight (but knees unlocked) and your upper body straight and facing forward. Your eyes should be facing in front and your shoulder blades should be retracted. Start by making small swings and progress the stretch a little bit every swing. After 10 or 15 swings you should be reaching your highest point. Do the same thing for the other leg.



## Sideways Leg Swing

This exercise dynamically stretches your inner thigh (adductors) and outer thigh (abductors)

Find something to hold onto. A wall again is fine. Face the wall and place both hands on it for balance. Swing one leg at a time from side to side. It helps if you get on your toes as you swing.



Make sure you are facing the wall throughout the entire swinging process. Don't let your torso rotate as you swing because you want to place the focus on your adductors and abductors.

## Bent-over Torso Twist

This stretch does a great job for preparing back of legs( hamstrings), butt (glutes), stomach and back (core muscles) and adductors for movement.

Start by standing with your feet wide apart. Extend your arms out to the sides and bend over touching your right foot with your left hand. Rotate your torso so now your right hand touches your left foot. Ensure both arms are extended out so when one hand touches the foot, the other hand is pointing to the sky. Keep rotating like this for 30 repetitions at a moderate pace.



Make sure that your back is straight (not arched) and that your shoulder blades are retracted. Don't flex your back! Keep your upper body aligned properly. Keep your legs extended (but knees unlocked) as you perform your repetitions.

### **Speed Squats**

Speed squats are great bodyweight exercises. They're also great for dynamically stretching your legs.

A speed squat is performed with your hands behind your head. Your feet should be slightly past shoulder-width with your feet slightly angled out. Initiate the squat by hinging your hips back and sitting back. This will prevent your knees from going past your toes. Keep your back straight, chest up and head facing forward in front of you. Go down until your thighs are parallel with the ground. Come up back to the starting position and repeat. Go at a moderate pace until you perform a total of twenty



This exercise is great for preparing your lower body for a workout.