

## Dynamic Warm-ups ( see pictures ) pre workout

- |                                    |                 |
|------------------------------------|-----------------|
| 1. Shoulder flexion :              | perform 10 reps |
| 2. Shoulder abduction/adduction    | perform 10 reps |
| 3. Squats                          | perform 10 reps |
| 4. Forward and Backward leg swings | perform 10 reps |
| 5. Toe walking                     | perform 20 feet |
| 6. Heel walking                    | perform 20 feet |
| 7. Lunge and reach                 | perform 10 reps |
| 8. Side lunge                      | perform 10 reps |
| 9. Knee hugs                       | perform 10 reps |
| 10. Hip external rotation          | perform 10 reps |
| 11. Skipping                       | perform 20 feet |
| 12. Bottom kicks                   | perform 20 feet |
| 13. Frankenstein walk              | perform 20 feet |
| 14. Inch worm                      | perform 20 feet |

## Static Stretching ( see pics) post workout

- |                                   |                  |
|-----------------------------------|------------------|
| 1. Hamstring stretch              | 30 secs each leg |
| 2. IT Band stretch                | 30 secs each leg |
| 3. Quadriceps /Hip flexer stretch | 30 secs each leg |
| 4. Downward Dog                   | 30 secs          |
| 5. Cat and Camel                  | 30 secs          |
| 6. Childs Pose                    | 30 secs          |
| 7. Piriformis stretch             | 30 secs each leg |

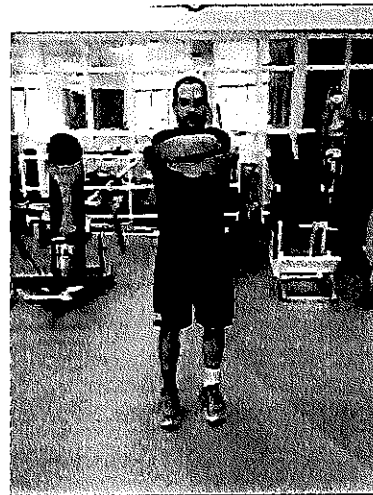


## Dynamic Warm-up

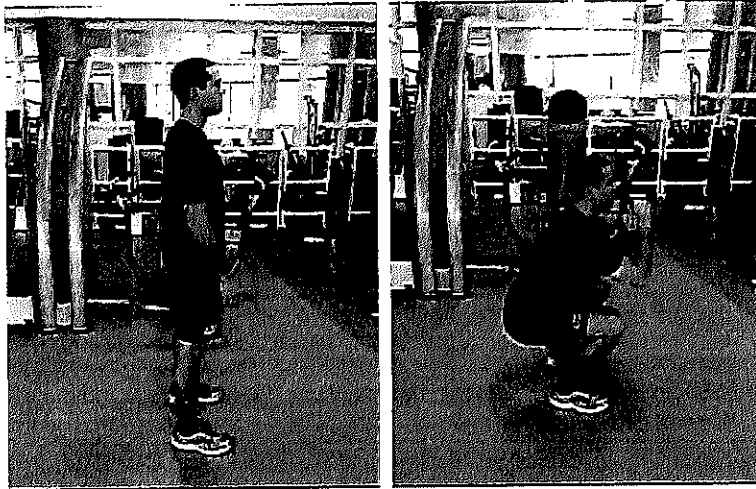
General directions: The following exercises should be performed prior to running.



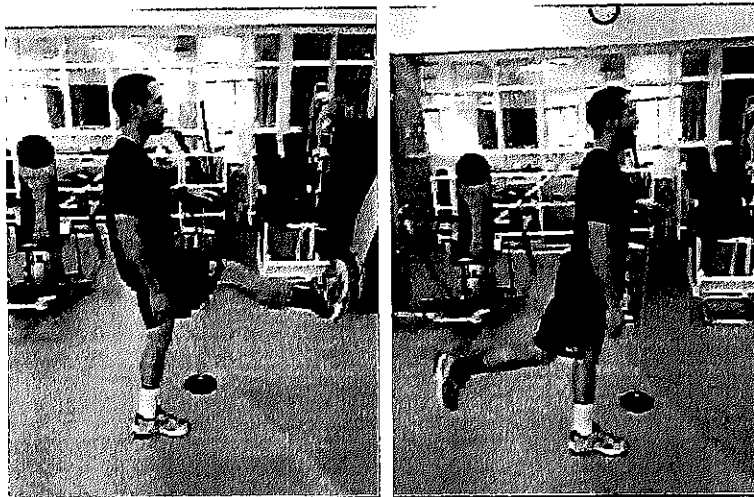
Shoulder flexion – Start with both arms by your sides. Swing arms straight overhead and then back down past the starting position. Perform 10 repetitions.



Shoulder abduction/adduction – Start with both arms stretched out to the side at shoulder level and then “hug yourself”. Perform 10 repetitions.



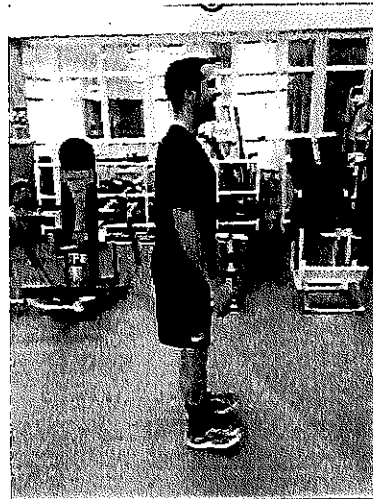
Squat – Start with feet shoulder with apart. Stick hips back and down as you lower your pelvis towards the floor. Keep back flat and feet flat on the ground. Perform 10 repetitions.



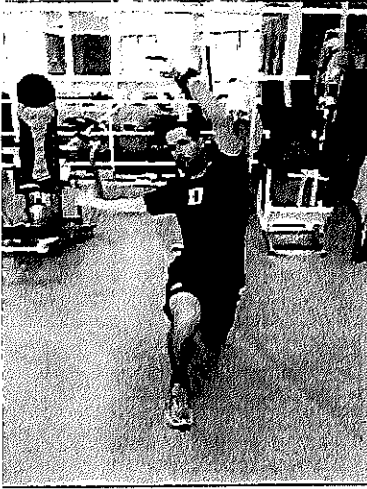
Forward and backward leg swings – Hold stationary object and swing leg forward while keeping opposite leg straight and maintaining balance. Perform 10 repetitions.



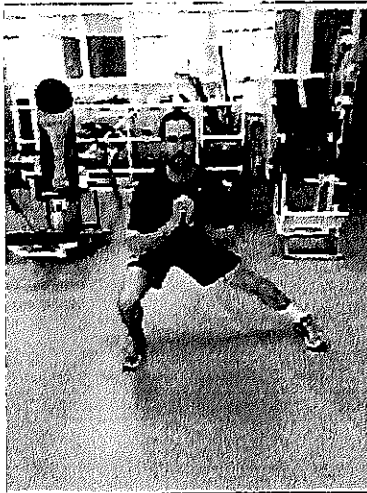
Toe walking – Walk on your toes for 20 feet.



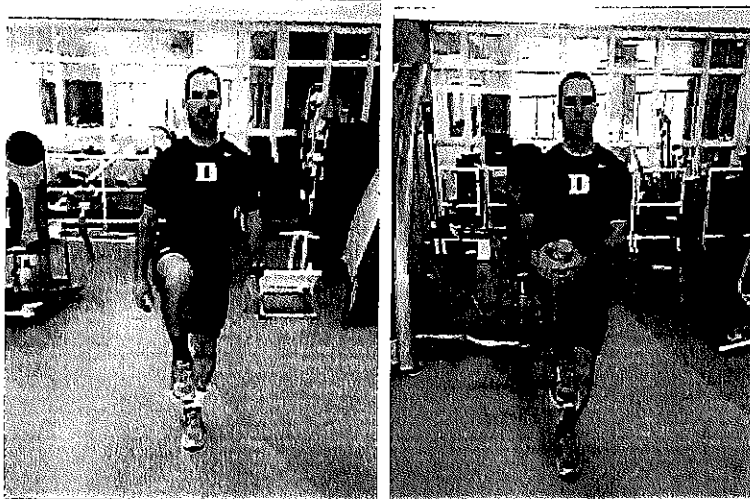
Heel walking – Walk on your heels for 20 feet.



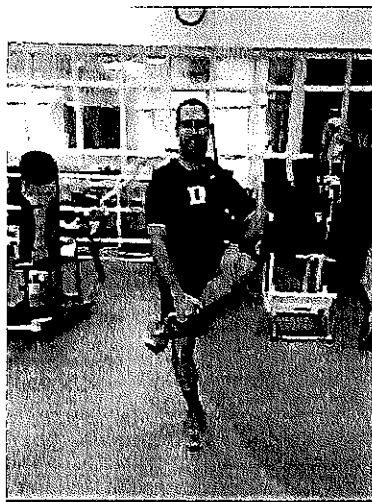
Lunge and reach – Start with feet shoulder width apart and bring left foot back while bending right hip and right knee to 90 degrees. Reach towards the right side. Perform 10 repetitions.



Side lunge – Start with feet shoulder width apart and step out with right foot while sticking hips back. Keep left leg straight while the right knee bends. Make sure to keep the right knee placed above the foot. Perform 10 repetitions.



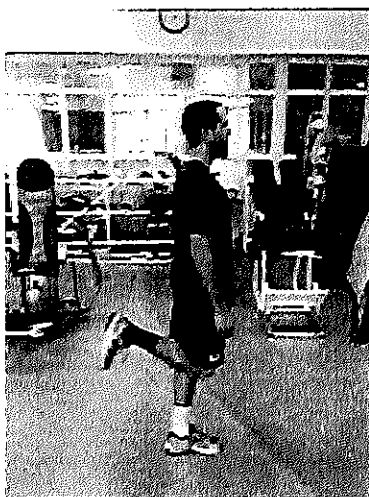
Knee hugs – Start by balancing on one leg. Raise opposite knee and pull it towards your chest with your hands. Perform 10 repetitions.



Hip external rotation – Start by balancing on one leg. Raise opposite leg and rotate knee out while pulling up on the foot. Perform 10 repetitions.

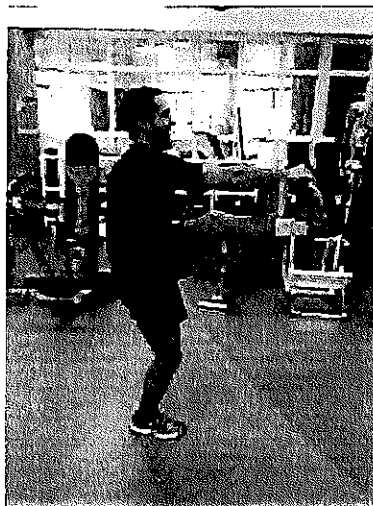


Skipping – Drive left knee towards your chest while raising your right arm and hopping off right foot. Then, perform same action on the opposite side. Perform for 20 feet.

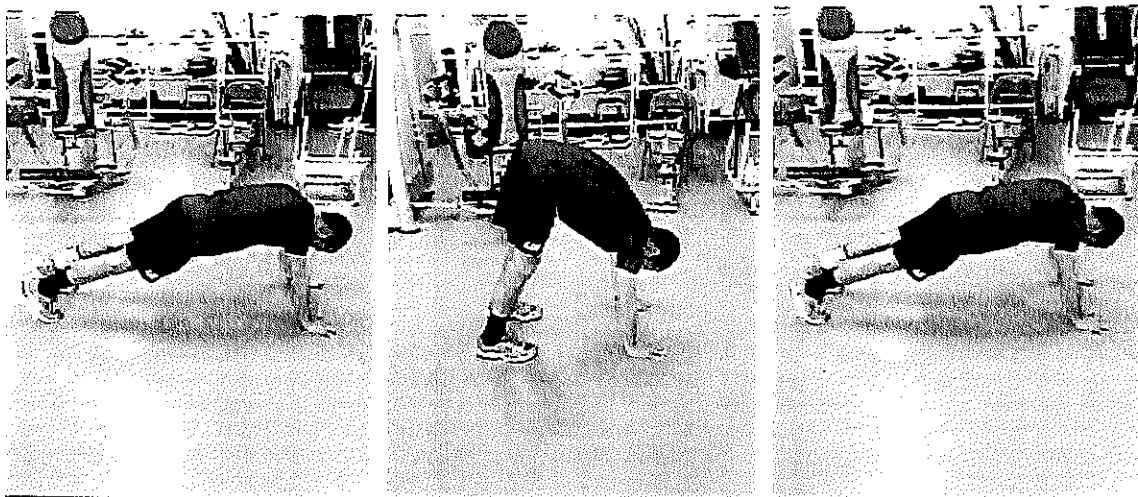


Bottom Kicks – Jog forward for 20 feet while kicking heels towards bottom.





Frankenstein walk – Walk forward for 20 feet while kicking left foot toward right outstretched arm. Then, perform the same action on the opposite side.



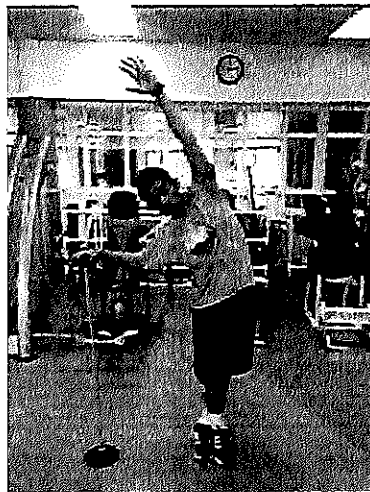
Inch worm – Start in pushup position and walk feet towards hands while keeping arms and legs straight. Then, walk hands out to starting pushup position. Perform for 20 feet.

## Static Stretching

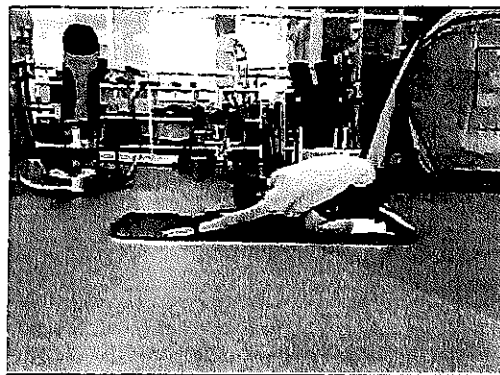
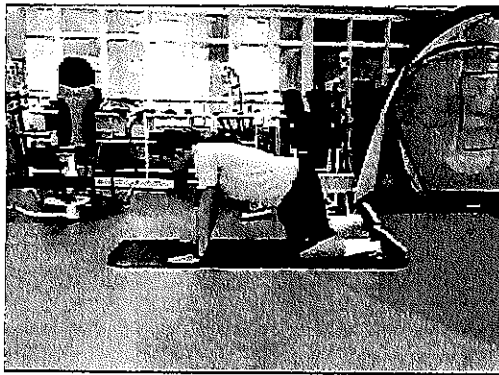
General directions: Perform each stretch for a minimum of 30 seconds. Repeat stretch on opposite side. With each stretch you should feel a pulling sensation, but no pain.



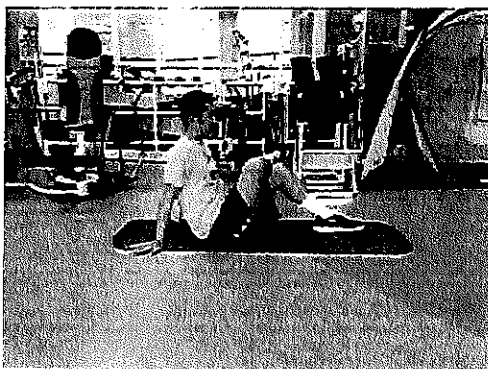
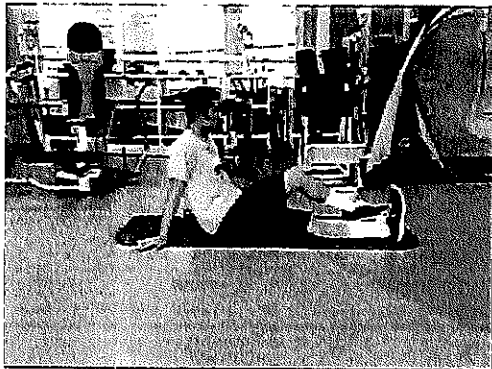
**Hamstring Stretch** – Place foot on low surface. Bend at waist keeping back flat and knee straight.



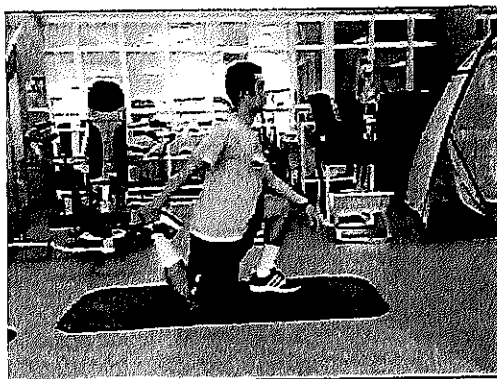
**IT Band Stretch** – Cross left foot behind the right foot and shift hips towards the left. Raise left arm overhead and reach overhead.



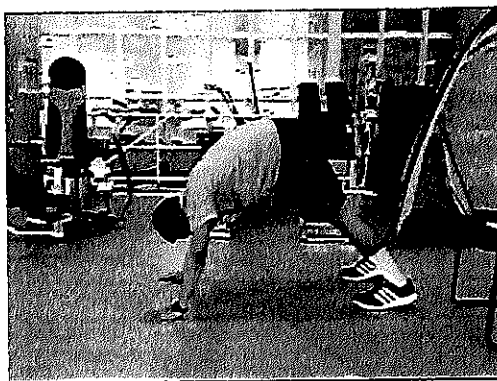
**Child's Pose** – Place hands underneath shoulders and knees underneath hips. Next, sit back onto your heels while leaving hands stationary.



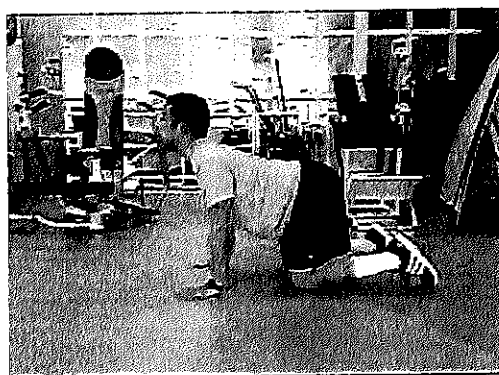
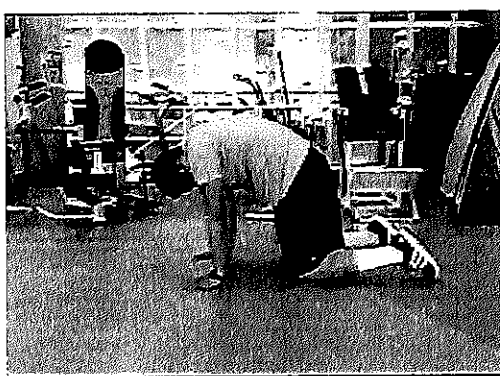
**Piriformis Stretch** – While seated on the floor bend the left knee. Next, cross the right foot over to the left side. Slide left heel closer towards your body while rotating right knee out.



**Combined quadriceps and hip flexor stretch** – Kneel with left foot and right knee on the ground. Pull right heel towards pelvis.



**Downward Dog** – Place hands and feet on the ground. Lift pelvis towards the ceiling while keeping knees straight. Bring head between shoulders and heels towards the ground.



**Cat and Camel** – Place hands underneath shoulders and knees underneath hips. Start by arching your lower back towards the ceiling while spreading your shoulder blades apart. Next, dip your lower back towards the floor while bringing your shoulder blades together.