

Dynamic Warm-up

1



Knee's-to-chest

- *standing upright nice and tall grab your knee as shown and bring it towards your chest and pulling the knee and leg towards the ceiling
- *take three steps repeat with other side
- *Perform 8-10 per side

2



Hip flexor overhead reach

- *standing upright nice and tall, reach behind and grab the ankle of your opposite foot.
- *if your reaching with your left hand you'll grab your right ankle
- *reach above your head as shown and drive your hip forward, pausing briefly
- *return to starting position, take 3 steps and repeat on other side
- *perform 8-10 reps per side

3



Walking hamstring stretch

- *standing upright nice and tall, bend over at the waist pushing your hips back and keeping your back flat and head up.
- *pause for a brief count, then return to original position by pulling through your heels
- *take 3 steps and repeat
- *perform 10 reps



Leg Cradle

- *start upright nice and tall, reach down and grab your ankle, keeping your knee out to the side as shown
- *pull your ankle up towards your chest while pushing slightly down on your knee as shown
- *you can also pull up on the knee as shown
- *return to original position take 3 steps and repeat on other side
- *perform 6-8 reps per side



Backwards stork walk

- *Standing upright nice and tall, raise your hands out to your sides as shown then slowly bending at the waist and weighting through your heel of the planted foot
- * the important thing here is to maintain a flat back and the alignment between your ear and your ankle
- *return to the starting position by pulling through your heel
- *perform 8-10 reps per side



Leg swings (side-to-side)

- * standing about 1 foot away from a wall, place your hands on the wall, begin the motion by weighting one leg, making sure that the toes of this foot remain through the entire range of motion pointed towards the wall
- *swing your leg out to one side as shown then follow through to the other side
- *perform all repetitions on one side then switch to the other side
- *perform 10 reps per side



7

**V-sits**

- *start with your lower back flat on the floor, and by pulling your belly button towards your spine
- *raise your arms and legs as shown, controlling the motion and not allowing your lower back to arch
- *try and keep your arms and feet off the ground the entire time
- *perform 15 reps

8

**Glute bridges**

- *start on the ground as shown, to begin point your toes up towards the sky, contract through your glutes raising your hips as shown
- *pause at the top of the motion, then slowly return to the starting position
- *perform 20 reps

9

**Marching glute bridge**

- *start lying on the ground, point your toes up, contract through your glutes and extend your hips as shown
- *maintain this position of hip extension while slowly raising your leg in the bent position as shown
- *pause at the top of the motion then return to the starting position
- *repeat on the other side
- *make sure to always maintain a flat pelvis, not allowing your hips to rotate
- *perform 10 reps per side

10



Eagles

- *start by lying on the ground with your arms out to the side as shown
- *keeping your foot close to the ground bring it up in an arc toward your opposite hand
- *return to the starting position, then repeat on the opposite side
- *make sure to keep your shoulders on the ground the entire time
- *perform 10 reps per side

11



Scorpions

- * Start by lying on the floor with your arms out to the side as shown, then bring your foot up to the opposite hand keeping it low to the floor and pointing your toes as shown
- *return to the original position, and repeat on the other side
- *try and keep your chest on the ground at all times
- *perform 8-10 reps per side

12



Sumo-squats-to-stand

- *Start by bending at your waist and keeping your back flat, reach down and grab your toes as shown, if you aren't flexible enough to do that, try bending your legs, allowing you to grab your toes
- *slowly lower your hips to the ground, making sure that your elbows stay inside your knees as shown
- * return to the starting position, maintain your grip on your toes.
- *make sure to keep your back flat
- *perform 10 -12 reps



13



Side lunges

- *start by standing with your feet a little wider than shoulder width, and your hips down and back, your back flat and your chest and head up
 - *keeping your hips down and back travel to one side as shown, straightening the leg on the opposite side, pause then return to the starting position
 - *repeat to the other side, making sure your hips stay level with the ground the entire time
 - *perform the motion non-stop
 - *perform 10 reps per side
-

14



Overhead sit-and reach

- *Sitting with your back, glutes and shoulder blades against the wall, raise your arms as shown
 - *maintain contact with the wall at all times raise your arms as shown, then return to the first position shown
 - *perform 10-12 reps
-

15



Lying hitch - hikers

- Lie out as shown supporting your head, with your one arm at 90
- *keeping your elbow tucked against your side, rotate as shown
- *perform 10-12 reps per side



16



Overhead thumb-to-thumb

*standing upright nice and tall, your thumbs together as shown, then slowly raise them turning your palms out and keeping your arms straight touch your thumbs together over top of your head

*Make sure that when your hands are above your head, that your arms are straight above your head in line with your ears and not out in front.

*repeat 10 times

17



Yoga-push-ups

* start by performing a push-up and as your rise up slowly twist your one arm up and behind you

*back down and push-up, then repeat on the opposite side

*repeat 6-8 times per side

18



Straight leg crunches

*start with your legs upright and straight in the air

*make sure that your lower back is flat on the ground

reach up and try and touch your toes, make sure that your shoulders leave the ground

* return to the starting position

*repeat 10 times

rest 20 seconds

repeat 10 more times



19



Jane-Fonda's

- *lie out as shown, supporting your head
- *lift your leg as shown, making sure to keep your toe pointed straight in front of you.
- *control the motion both up and down
- *repeat 10 times per side

20



Inch worms

- * Make sure that your legs remain straight the entire time
- *your legs should be about shoulder width apart
- *start in the first position shown above and slowly walk your hands out and away from you until your in the position shown in the middle picture
- *you'll then walk your legs in towards your hands, keeping your legs straight
- *don't stand back up until your done the given number of reps
- *one rep is from the starting position back to the starting position
- *perform 10 reps

