

# Top 10 stretches to help avoid common injuries and assist muscle recovery

**Side lunging hip adductor and rotation for groin**



**Kneeling hip flex**



**Standing hamstring**



**Side leaning hip abductor and oblique core**



**Supine lumbar rotation**



**Side-lying thoracic rotation**



Child's Pose



Cat/Camel



# Dynamic Warm-Up

Toe Walk



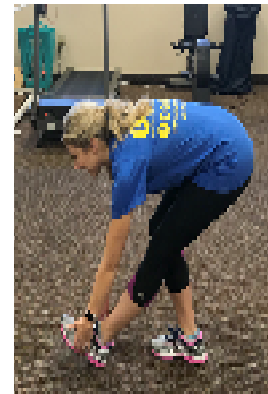
Toe Walk Walk on your toes with your toes pointed straight, shins in line with your second and third toe, walk for about 20 feet, fully extending on to your toes. Repeat 3 times

Heel Walk



Transition your weight is on your heels keeping your toes in line with your shins as much as possible. Walk 20 feet. Repeat 3 times.

Heel Swipe Hamstring



Standing with your feet together, reach your left leg forward keeping your leg straight and heel in contact with the floor. Reach down and hold your left foot, keeping your right knee slightly bent. Hold for 15 seconds. Repeat the stretch 3 times on each side.

Frankenstein Walk



Standing with your legs together and keeping your torso erect, hold arms straight out and lift your left leg straight up, hold for a few seconds and step forward. Don't flex or extend the spine while raising the leg. Repeat the stretch 3 times on each side.

Side Leaning Adductor



Stand with your legs wide apart. Shift your weight to the left allowing your left knee to bend until it is over our foot. Hold for 20 seconds then repeat the stretch three times on each side.

Heel-to-butt Quad



Standing tall, lift your right leg up and behind you bending at the knee. Hold your foot with your right hand, then pull your heel to your buttocks. Hold this stretch for 15 seconds repeat the stretch three times on each side.




Long Lunge hip flexor




Kneel on your left knee. Place your right foot flat on the floor in front of you, knee bent. Lean forward, stretching your left hip toward the floor. Squeeze your butt; this will allow you to stretch your hip flexor even more. Hold for 30 seconds repeat the stretch three times on each side.

Arm x-pattern




Reach arms across your chest in an x pattern. Pull your arms back until you feel a slight pull. Hold for 15 seconds and repeat 3 times.

Open Gate




Stand on your left leg while you lift your right leg up. Raise your right knee to hip level, turn it out and open away from your body. You will feel the stretch in your groin. Bring your knee back around in front of your body and then lower your leg. Hold this stretch for 15 seconds repeat the stretch three times on each side.

Arm Circles forward




In a standing position with your feet at hip width, raise your arms out sideways to shoulder height and keep them straight, palms facing down. Stand tall with good posture and your head looking straight ahead. From here, rotate your arms forwards 10 full rotations. Repeat 3 times

Close gate




Stand on your left leg while you lift your right leg up. Raise your right knee to hip level, turn it out and openaway from your body. You will feel the stretch in your groin. Bring your knee back around in front of your body and then lower your leg. Hold this stretch for 15 seconds repeat the stretch three times on each side.

Arm Circles Backward




In a standing position with your feet at hip width, raise your arms out sideways to shoulder height and keep them straight, palms facing down. Stand tall with good posture and your head looking straight ahead. From here, rotate your arms backward 10 full rotations. Repeat 3 times

Forward Lunge with side lean



Stand tall with feet hip-width apart. Engage core. Take a big step forward with right leg and start to shift weight forward so heel hits the floor first. Once in lunge position take your left arm and stretch it over your head to the right. Hold this stretch for 15 seconds repeat the stretch three times on each side.

Carioca



While standing with your body straight, push off with the left foot and bring it towards the right foot. 2 While maintaining balance, cross the left foot behind the right foot and plant it on the ground. Move the right foot laterally so you return to starting position. Compete for 20 feet then reverse. Reverse the steps to perform this drill while moving to the left.

Kick butts




Start standing tall and bring one heel off the floor towards your glutes, the opposite hand comes up towards your shoulder like running arms, then switch to the other side. Repeat 20 times with each leg.

Backpedaling




Keep your hips low at about 1/4 of a squat position. Take small steps backward continuously. Continue 20 feet there and back. Repeat 3 times.

Bounding




Keeping your arms tucked in and standing in about 1/4 squat position. Lower yourself down slowly, and jump forward. Repeat 20 feet down and back.

High Skip



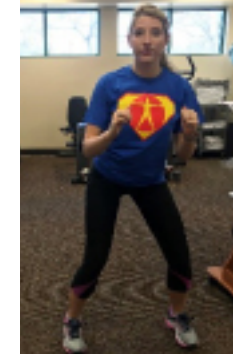
Jump powerfully off one leg, while lifting the opposite thigh to a position parallel to the ground. Drive the arms up powerfully in opposition to the legs. Alternating arms and legs, continue the exaggerated skipping motion down a straightaway. Repeat 20 feet down and back. Repeat 3 times.

Sprint



Sprint as fast as you can down 20 feet. Rest and Sprint back. Complete 5 times.

Shuffle



Make a choppy, lateral step to the right with your right foot. Carry your left foot to where your right foot was. As your left foot comes down, again move your right foot further right. Continue to shuffle for 20 yards to the right, then back 20 feet to the left. Repeat 3 times.

