

## **Dynamic Stretching** - <https://www.youtube.com/watch?v=pZolGpifjlc>

1. Walking knee to chest – stand tall, shoulders back, rise on toe
2. Quad: foot to butt, opposite arm up, grab toward toe
3. Grab behind the knee, kick out the leg, toes toward nose
4. “Atlas Lunge” – inline lunge, lengthen through the back leg and twist – arm up – hover knee, don’t rest on it. Drive through the hips for a good stretch.
5. Backwards Atlas Lunge
6. Contra Lateral Tuck Lunge – elbow to inside of ankle is the goal (to the knee if ankle not possible.) Right knee, left ankle
7. Ipso Lateral Tuck Lunge – elbow to the inside again, but same leg, same elbow
8. Frankenstein Kick – kick out leg, hand to foot
9. Side lunge both directions, keep knee behind toe. Step, lunge, lunge
10. Reach down to toes, walk hands out, walk feet in (all the way back up. Go as close to plank as you can.
11. Legs in line, front knee straight, twist – arms down and up – opposite hand to ankle.
12. Hands toward ceiling, sweep hands down to toes, sit back on heels, hand up, hand up, stand up. Switch which hand goes up first.
13. Crab walk – hips up high
14. Cross legs and curtsey – once in back, once in front.

## **Other Stretches**

1. On hands and knees, put leg out to the side, shift weight back and forth, flatten hips, sit back into it.

2. Pretzel Stretch – laying on right side, left knee over, right leg bent up and back toward ground and twist shoulders back toward the ground.
3. Straddle foam roller and roll back and forth
4. Runner's stretch
5. Butterfly stretch – sweep arms up and down the wall

### **Ankles Strapped**

1. Side Walk
2. Monster Walk (wide forward)
3. Monster Walk Backwards
4. Side Shuffle – feet wide

**Bird Dog – on hands and knees – elbow and knee in and out**

**Spider – laterally rotated Bird Dog – Laterally rotate spine, flat pelvis, head out not up.**

### **TRX Exercises**

1. Bridges – feet through the straps: 15
2. Hips up and move legs out and back: 15
3. Hips up – slow march

Squats – heels up on board, hands up with a bar, hands over feet, wide stance

### **PVC Stretches - <https://www.youtube.com/watch?v=PhPzc4hCtBc>**

1. PVC passthrough – keep a bend in the bar, arms locked out
2. Round the world
3. Thread up the back, down the back
4. Good Mornings – bend legs first, keep back flat
5. Leg over bar