

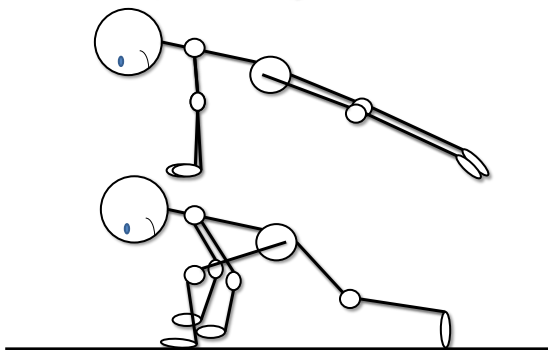
**Dynamic  
Flexibility**

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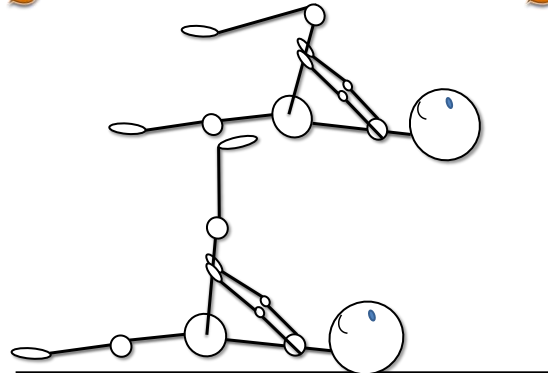
## SPIDERMAN



1. Start in a plank position.
2. Bring left foot up to the outside of the left hand.
3. Drop left elbow toward the floor.
4. Hold and repeat on the other side.



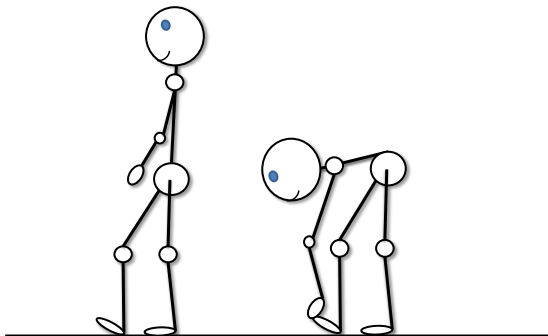
## Dynamic Hamstrings



1. On your back, pull one knee towards your chest.
2. Place both hands behind thigh and straighten leg.
3. Hold and Repeat with other leg.



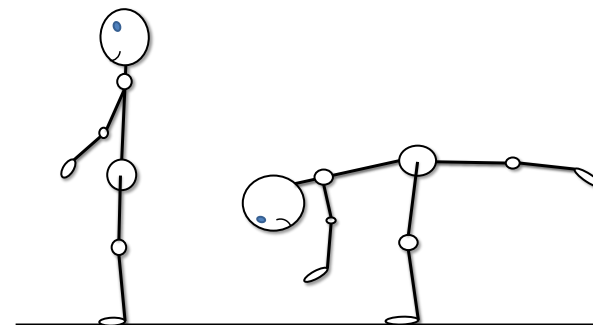
## Standing Dynamic Hamstring



1. Stand with one foot slightly ahead of the other.
2. Hinge from the waist.
3. Reach forward and pull foot up with both hands.
4. Switch legs.



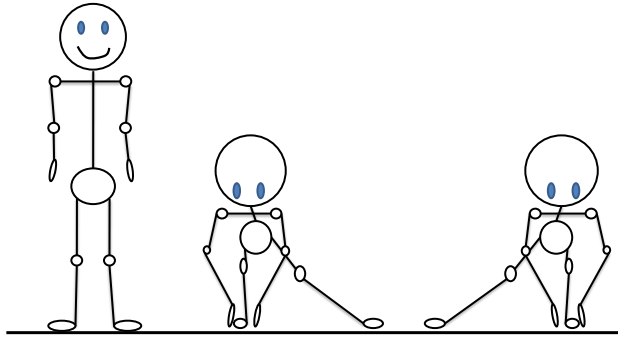
## STEPSOVERS



1. Balance on the left leg.
2. Hinge at the hips and try to touch both hands to the floor.
3. Keep spine in line with left leg.
4. Switch legs.



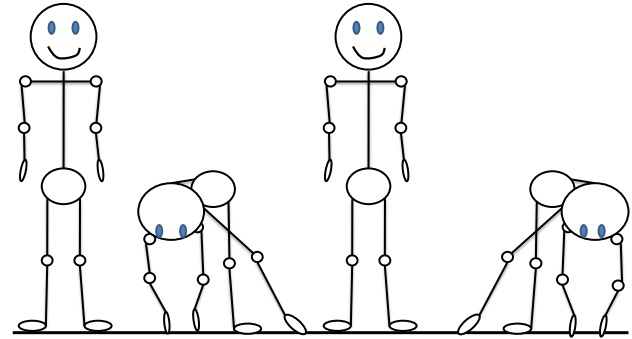
## LATERAL LUNGES



1. Slide your body over your right foot.
2. Keep your knee over your ankle. (Leg forms a 90 degree angle.)
3. The left leg should be straight. (The knee can be slightly bent.)
4. You should feel the stretch in the inner thigh.



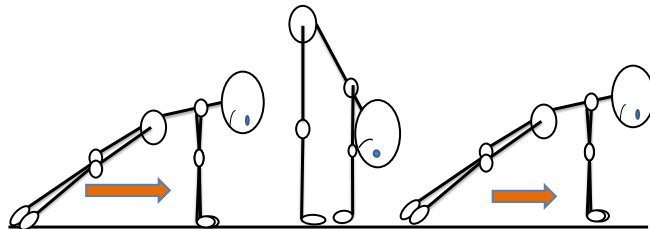
## CROSS-N-TOUCH



1. Stand tall and cross right leg over left leg.
2. Reach down, hinge at the waist, and touch the floor by the left heel.
3. Repeat to the opposite side.



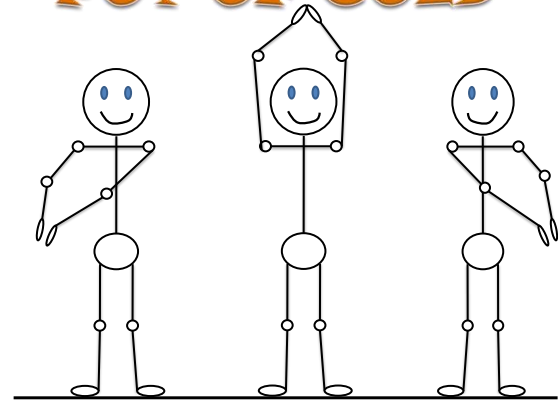
## INCH WORM



1. Start in plank position.
2. Walk your feet forward towards your hands.
3. Walk your hands out to plank position.



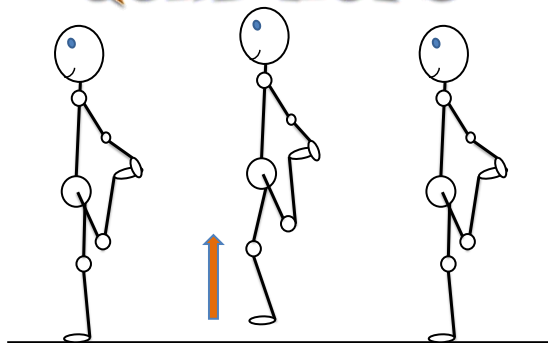
## POT OF GOLD



1. Imagine you are holding a large ball in your arms. (Arms wrapped around the ball.)
2. Place hands together above head and stand as tall as possible.
3. Bend to the right at the waist and push the hands out.



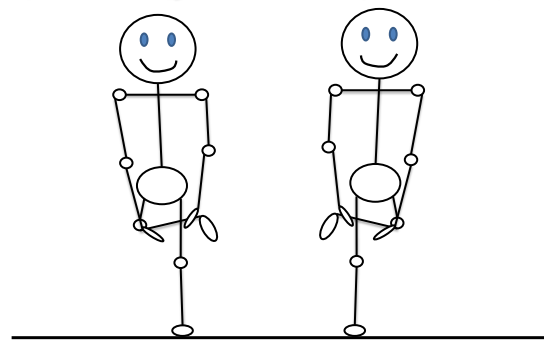
## QUAD HOPS



1. Lift foot up with your hand.
2. Take a hop forward
3. Use your hand to lift yourself off the ground. (You will feel the stretch in the quadriceps muscle.)



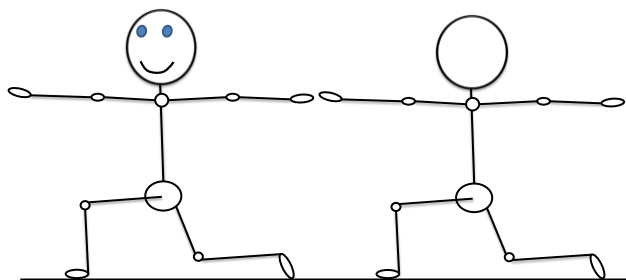
## FIGURE 4 WALKS



1. Walk in a straight line.
2. Balance on left leg.
3. Pull up on the right foot.
4. Switch feet with each step.



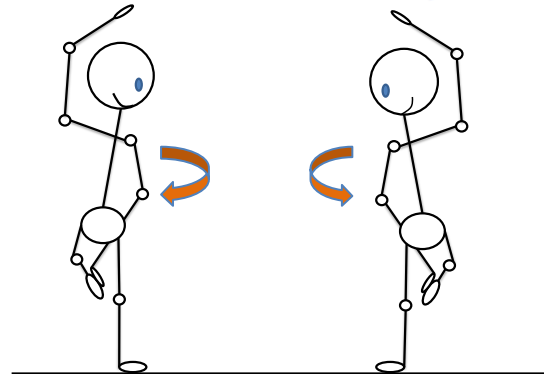
## HELICOPTER LUNGES



1. Begin in a lunge position.
2. Rotate your upper body like a helicopter propeller.
3. Complete movement with right leg forward then left leg forward.



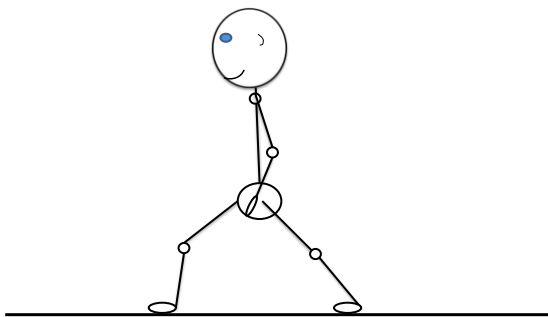
## STANDING SCORPION



1. Stand tall with arms above head.
2. Balance on your left leg.
3. Try to touch the left hand to the right heel behind your glutes.
4. Switch to other side.



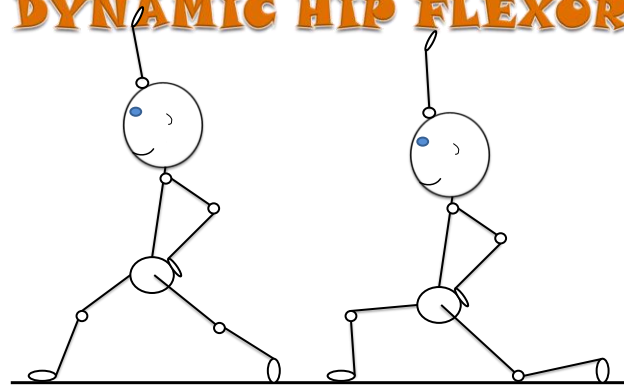
## DYNAMIC CALF



1. Slightly bend front leg.
2. Press heel to floor of back leg.
3. Switch.



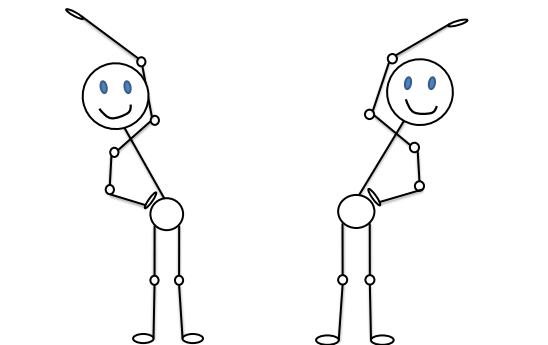
## DYNAMIC HIP FLEXOR



1. Lunge forward and place one hand on hip and reach one hand in the air.
2. Lunge forward until the front knee is over the ankle.
3. Back knee should be touching the floor.



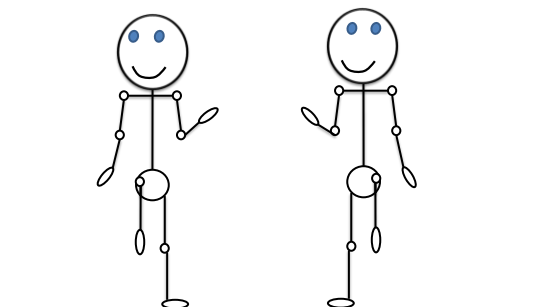
## SIDE BEND OVER AND BACK



1. Bend to one side, holding the arm overhead.
2. Try to reach as far as you can.
3. Switch sides.



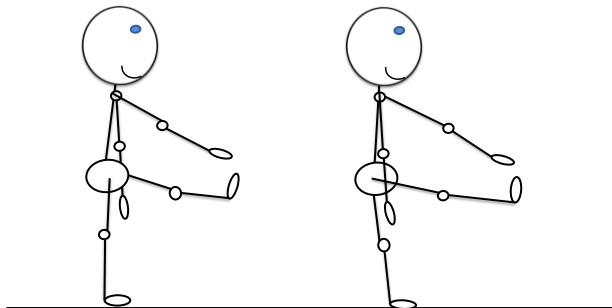
## WALKING HIGH KNEES



1. Exaggerate a high step.
2. Challenge: Grab your knee and put it up with each stride.



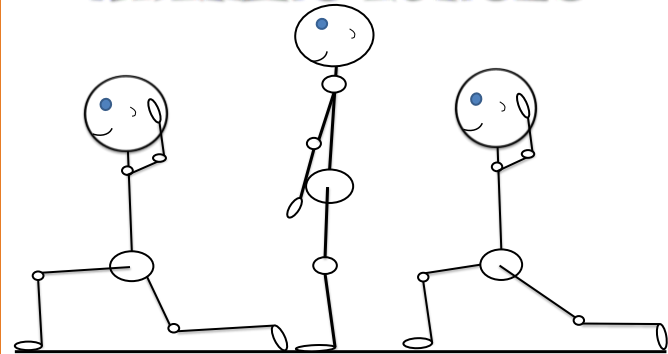
## WALKING STRAIGHT LEG KICK



1. Kick your left leg up and touch your toes to the fingers of the right hand.
2. Switch.



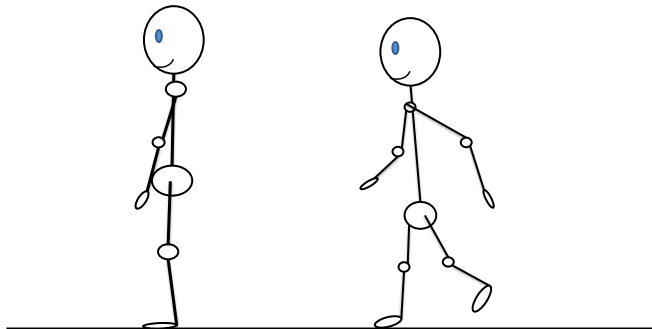
## WALKING LUNGES



1. Step out with the left leg with knee over ankle.
2. Knee of right leg can touch the ground.
3. Switch.
4. Do not let knee go over the toe.



## JOGGING BACKWARDS



1. Keep body upright
2. Jog in a backward motion



## JOGGING

