

Dynamic Stretches -Thighs



Key Points

- Sprint quickly on the spot and then flick heel to bottom
- Pull to bottom and hold tight while you drive hips forward to stretch the thigh
- Only hold until you feel the stretch and let go
- Sprint again and repeat above with other leg
- Repeat a number of times with each leg

NB These stretches should only be executed after a thorough warm up

Dynamic Stretches – Hamstrings



Key Points

- Sprint on spot with short fast strides
- Then...
 - 1) Keep your front leg straight with toe up
 - 2) Lower your bottom to tighten the hamstring
 - 3) Lean forward from the hips with a straight back keeping head up
 - 4) Feel stretch and release
- Repeat above with other leg
- Repeat above a number of times

Dynamic Stretches - Groin



Key Points

Inner Thigh:

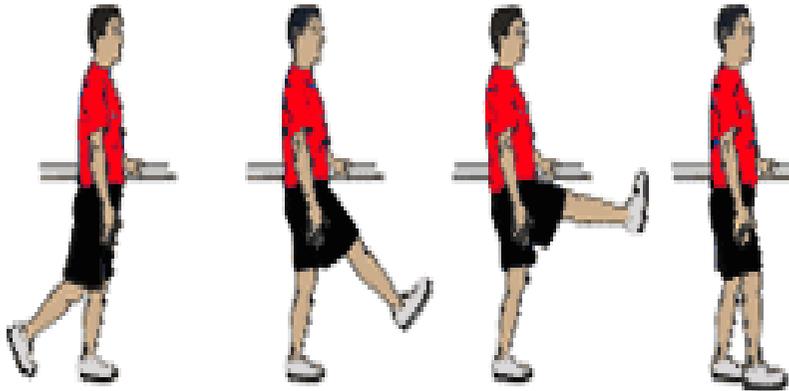
- Sprint on the spot and every few strides stop and lift knee up place hand on outer knee and pull across the front of the body

Inner Thigh

- Sprint again and repeat above but place hand on inner knee and pull outwards as shown

Dynamic Stretches Hamstrings & Thighs

TITLE - Leg swings forward and back
(Works buttocks and front and back of thigh)



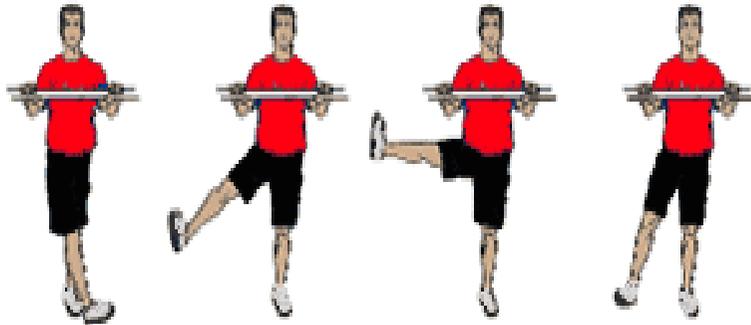
NB The Thighs can be dynamically stretched by flicking the heel to the bottom on the back swing

Key Points

- Hold on to a solid object and balance on one leg. Swing the other leg forwards to a comfortable height ensuring that your trunk and lower back stay rigid and do not bend
- Then swing the leg backwards, again ensuring that there is little movement in your back
- Try and keep your hips facing forwards and the knee of your swinging leg straight when swinging forward and slightly bent when swinging behind
- Swing to a height that suits your flexibility
- Forcing the leg high by swinging too hard may result in injury
- Change legs and repeat

Dynamic Stretches - Groin

TITLE - Leg swings side to side
(Works back and inner thigh)



Variation:

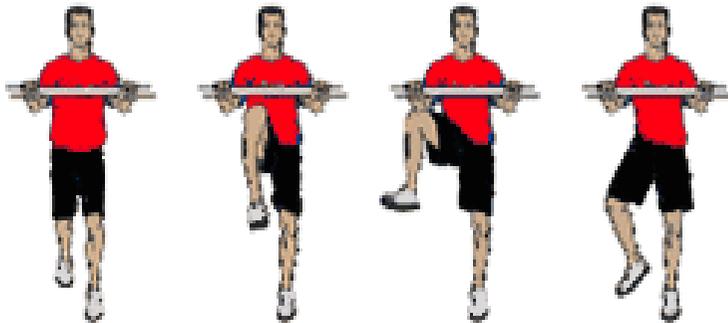
- Jog sideways lifting back leg up and over in an arc
- Lift a little higher every few strides
- Change to move sideways the other way using other leg

Key Points

- Hold on to a solid object and balance on one leg
- Turn your foot on the leg you are balancing on outwards
- Swing the other leg away from the body turning the foot to point at the sky
- Then swing the leg back across the body pointing the toes in the direction your leg is moving
- Check that you are minimising trunk movement
- Change legs and repeat

Dynamic Stretches - Groin

TITLE - Hurdle step overs
(Works Buttocks and inner thigh)



Key Points

- **Hold on to a solid object and stand with one leg behind the other**
- **Lift the back leg knee high to the front and then rotate the leg outwards returning to the start position**
- **Check that you are minimising trunk movement.**
- **Change legs and repeat**

Dynamic Stretches - Upper & Lower Calves



- NB For Lower Calf keep one foot in front of the other
- Keep back foot flat on the ground while you lift front foot and place behind back leg and lean body towards support
- By bending leg at knee and elbows the lower calf will be stretched

Key Points:

- Position your body in a lean position with one foot in front of the other
- Support your weight with your hands high up a support surface
- Start stretching your calves by pushing one heel towards the ground then onto the ball of the foot and then back again
- Alternate between legs
- Keep body as straight as possible

Dynamic Stretches - Trunk

TITLE - Upper body trunk rotation
(Works trunk muscles and chest)



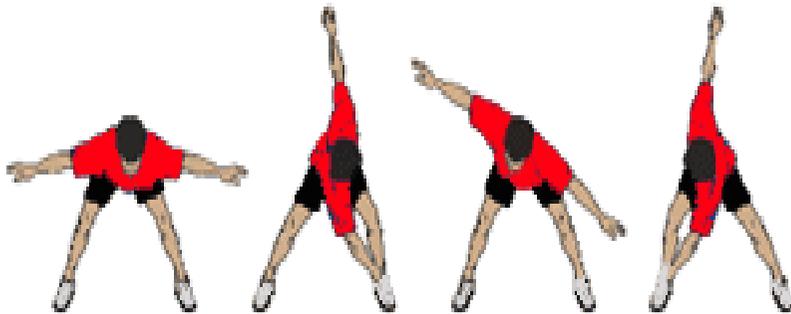
Key Points

- With your feet shoulder/hip distance apart, stand with your back straight and knees slightly bent
- Start swinging your arms across your body at waist height – you should feel this mostly in your lower back
- Move your arms higher to around shoulder height to feel a stretch through the middle back
- Now raise your arms to above your head to feel the stretch higher in the back
- If you find a tight area do extra repetitions to loosen it up without forcing the movement

Dynamic Stretches

TITLE - Bent over upper body rotation

(Works trunk muscles, chest, inner and back thigh)



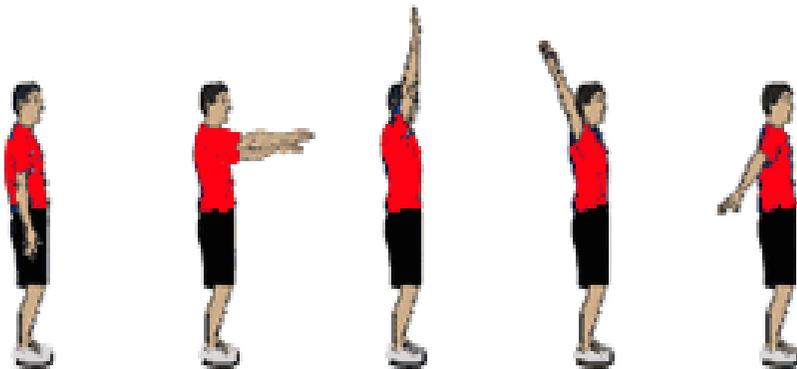
Key Points

- With your feet double shoulder/hip width apart, bend at the hips ensuring that your spine stays long and back doesn't round out, bend your knees a little
- Extend both arms out to your side at shoulder height
- Rotate the trunk and arms to reach towards the opposite toe while bending that leg
- Alternate sides
- Reach as low as your flexibility comfortably allows (i.e. tension not pain) - it is not necessary to touch your toes if you can't reach that low

Dynamic Stretches - Shoulders

TITLE - Arm circles

(Works muscles around the shoulder)



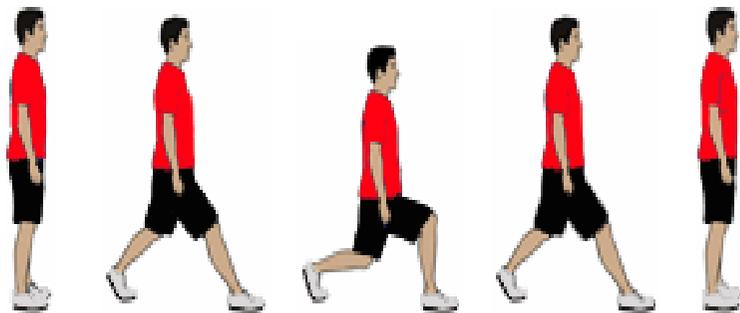
Key Points

- Stand with your back straight and knees slightly bent
- Swing both your arms around in circles while keeping your back still
- If you find tightness in an area, spend more time in the area to loosen it up
- Change direction and repeat

ACTIVITY - Dynamic Stretches

TITLE - Lunges/lunge walks

(Works side trunk, back, hip and leg muscles)

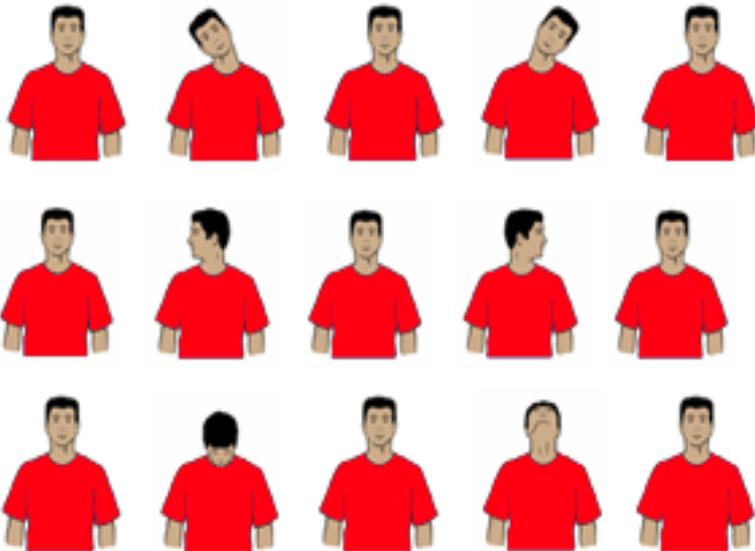


Key Points

- Keep your trunk upright at all times
- Take a large step forward keeping your body upright
- The front knee should be pointing in the same direction as the toes and shouldn't be too far forward over the toes
- Check the front and back knees are at right angles at the bottom of the step
- Alternate between legs
- Progression: The arm on the "back leg" side reaches up and over to the other side on each step
- The stretch will mostly be felt down the sides of your trunk
- For an extra challenge - try doing the walk forwards and backwards

Dynamic Stretches - Neck

TITLE - Neck movements
(Works neck muscles)



Key Points

- Turn you head to look over one shoulder then the other, repeat
- Look up and then down, repeat
- Looking straight ahead, take one ear to your shoulder then repeat on the other side
- If you find tightness in an area, spend more time in that area to loosen up
- You can add light pressure with your hand to increase the stretch in tight areas

NB Never do full head rotations as you may manage the nerves at the back of the head