

Pre-Workout Stretches

**Please consult with your physician before starting an exercise program and ensure a 5 to 10 minute warmup before starting the exercises.*

Key Points

There are different methods of stretching that will have various impacts on your body both in the short and long term. Static stretching (holding stretches) will be very effective to create long term changes, however, may impair performance in the short term. Dynamic stretches which are movements similar to stretches without holding, can be useful before activities and have been shown to produce the best performance for athletics, weightlifting, and cardiovascular activities compared to static stretching and no stretching.

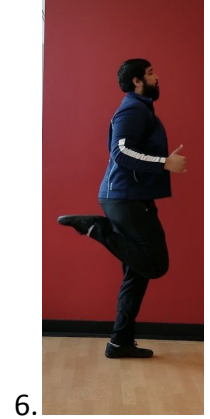
Protocol

Dynamic stretching will be best for pre-workout stretching. We want to warm up any muscles that we will be using during the activity. Use similar movements to the activity you will be performing and ensure you take your joints through their full range of motion.

Examples

1. Leg Swings
2. Leg Circles
3. Reverse Lunge with Reach
4. Frog Lung with Rotation
5. High Knee to High Kick
6. Jogging Buttkicks
7. Arm Swing into Hug
8. Arm Circles
9. Hamstring Reaches
10. Dynamic Lateral Lunge





Keep your focus on your shoulder blades. Pull them together as you swing back.



Start with small circles at shoulder level and work towards wide swings

