

# DYNAMIC STRETCHES



## Dynamic Chest Stretch

- Keep arms parallel to the floor, reach as far forward as comfortably possible with straight arms
- Keeping arms parallel with the floor, return the arms simultaneously and clap the hands lightly
- Keep the spine in a neutral position throughout exercise



## Lunge With Twist

- Keep front shin vertical and knee behind toes
- Lower rear knee to within an inch of the ground
- Maintain upright torso, rotate upper body toward leading leg



## Squat To Overhead Reach

- Keep heels flat, push the hips back, avoid rounding the back, keep chest up
- Look straight forward, use a smooth, controlled tempo to rise upwards coming up onto the toes and pointing the fingers to the sky
- Return towards the floor reversing the above action



## Posterior Step With Overhead Reach

- Stand up tall. Take a step backwards whilst reaching above your head
- Fully stretch the body up and back
- Return to a standing pose and repeat using the alternate leg



## Squat To Overhead Reach And Twist

- Keep heels flat, push the hips back, avoid rounding the back
- Keep chest up, look straight forward
- Using a smooth, controlled tempo, stand up tall reaching above the head with a twist