

Dynamic Warm-Up

Dynamic Hamstring Stretch

Sets: 2 | Reps: 12

Preparation:

- Start in lunge position as shown

Execution:

- Straighten front knee - rock back and forth
- Repeat on opposite side
- Do not arch you back



Start Position



Straighten front knee

Dynamic Hip Mobility - Elbow Outside of Knee

Sets: 2 | Reps: 8

Preparation:

- Start in plank position as shown

Execution:

- Bring one knee towards chest, knee outside of elbow
- Repeat on opposite side



Start Position



Bring one knee towards chest, knee outside of elbow



Stay long and tall



Repeat on opposite side

Lunge and Twist

Sets: 2 | Reps: 8

Preparation:

- Lunge stance as shown

Execution:

- Bring one arm up at 45°, one arm down at 45°
- Rotate torso towards front leg
- Repeat on opposite side



Start Position



Rotate torso towards front leg

Leg Swinging | Anterior / Posterior

Sets: 3 | Reps: 12

Preparation:

- Use a support

Execution:

- Swing leg from front to back
- Do not lean with your trunk



Swing leg from front to back



Do not lean with your trunk

Leg Swinging | Lateral

Sets: 3 | Reps: 12

Preparation:

- Use a support

Execution:

- Swing leg from side to side
- Do not lean with your trunk



Swing leg from side to side



Do not lean with your trunk

Lunge Walk to 'A' Stance

Sets: 3 | Reps: 8

Preparation:

- Stand with good posture

Execution:

- Perform a forward lunge
- Rise up into 'A' stance
- Repeat one the other side



Start Position



Forward lunge



Rise into 'A' stance



Repeat