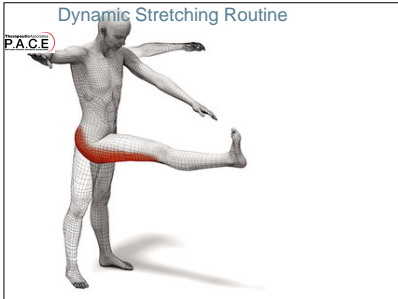




David McHenry



Dynamic Stretching Routine

Find an open space to do the dynamic stretching routine. You will need a length of about 15 yards (15 large steps) for the routine. You will do each dynamic activity the entire length (15 yards) and then jog back to the starting point and go to the next dynamic activity. Make sure you have been cleared by your physician to

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Warm Up

Before doing your Dynamic Stretching routine, start by jogging for about 5 minutes to warm up your body

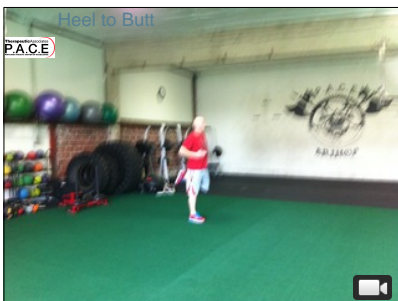
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Knee to Chest

Standing nice and tall Pull your knee in to your chest while keeping your shoulders back step forward and progress to the opposite side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Heel to Butt

Standing nice and tall Bring heel to your put, crab your foot with your hands and pull foot back as far as needed to get a good quad stretch. step forward and repeat on opposite side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Glute Stretch

Standing nice and tall, grab your knee and shin (leg is in a slight turned out position) and pull knee to your chest. Step forward and repeat on opposite side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Crossover Touch

Cross one leg over the other Keep knees straight Keeping your back straight, reach down toward your toes to get a stretch in your hamstring come up, step forward, cross other leg behind and repeat

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Lunge and Reach

Take a wide step out in front of you and get in to a deep lunge position Reach opposite arm (opposite from forward leg) high in to the air should get a good stretch in the front of the hip on the leg that is back step forward and repeat on opposite side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Toes in toes out and Touch

Keeping your back Straight, point your toes in and reach down to the ground to stretch hamstrings step forward, points toes out and reach down continue with this pattern

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Cordors

Raising your heel off the ground and reaching up as high as you can through your arms, spine and leg. Once at the top of you position then rote the arms back and open the chest

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



David McHenry



Lunge out in to a wide lunge position
 Rotate over the leg that is forward
 Step forward and repeat on opposite side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Keep one leg straight and planted on the ground keeping back straight, hinge forward and reach opposite hand to toe
 come up from that position, step forward and repeat on other leg

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Stepping out to the side in to a wide, spread leg position
 Squat down and lean side to side to get a stretch in each groin
 Take another side step and repeat
 be sure to go down and back so that you progress laterally each way for one full length

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Lifting knee up in front like you are marching, bring the leg down and bring it back up to your side, knee to waist height
 Step forward and repeat on opposite side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Keep your back straight and reach down to your foot pull up on your toes so you get a stretch in your hamstring and your calf
 step forward and repeat on opposite side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			