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| Dynamic Flexibility Program | Reps |  |
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| Alternate Knee to Chest |  |  |
| Start Position: Lie on back, hug one knee to chest, opposite leg straight in 45 degree position |  |  |
| Motion: Pull one leg to chest while opposite leg is straight, then switch. |  |  |
| Note: Please keep core engaged while switching leg |  |  |
|  | 8-10x (each leg) | |
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| Dynamic Hamstring |  |  |
| Start Position: lie on back, hip and knee should be located at 90 degree angle |  |  |
| Motion: squeeze quad, straighten leg, flex foot and return to starting position |  |  |
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|  | 8-10x (each leg) | |
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| Dynamic Hip Flexor (Standing or Kneeling) |  |  |
| Standing: stagger stance, lunge forward and reach arm up (slight side bend and rotate arm so palm is facing away) | |  |
| Kneeling: Kneel on one knee with opposite foot in front, lunge forward and reach arm up |  |  |
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| Iron Cross | 8-10x (each leg) | |
| Start Position: Lie on back with arm out to the side (think T-Position) |  |  |
| Motion: Take one leg and attempt to touch opposite hand |  |  |
|  | 6x (each leg) |  |
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| General Flexibility |  |  |
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| Lateral Shoulder and Upper Back |  |  |
| Starting Position: Sitting or standing position, raise right arm to shoulder height |  |  |
| Motion: Grasp your raised arm just above elbow with left hand and exhale |  |  |
| Hold for 20-30 seconds with each side. |  |  |
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| Triceps |  |  |
| Starting Position: Either sitting/standing; raise and flex right arm overhead ear, and reach towards back of shoulder | |  |
| Motion: grasp right elbow with left hand and exhale |  |  |
| Hold for 20-30 seconds and repeat on opposite side. |  |  |
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| Torso |  |  |
| Starting Position: Place feet shoulder width apart, place left arm on hip and right arm overhead |  |  |
| Motion: Keep your right arm straight, and lean from the waist |  |  |
| Hold for 20-30 seconds and repeast; please note not to lock knees but allow for bending action. |  |  |
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| Quadriceps |  |  |
| Starting Position: Place one hand about shoulder height against a wall |  |  |
| Motion: reach back with opposite hand and grab ankle of same side, slowly pull heel towards buttocks | |  |
| Exhale while pulling and do not lean forward |  |  |
| Hold for 30 seconds, repeat with opposite side |  |  |
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| Calf and Achilles Tendon |  |  |
| Starting Position: Place both hands on the wall approximately shoulder width apart |  |  |
| Motion: Move one leg forward while maintaining slight bend, while other leg stays straight. |  |  |
| Keep arms forward, and lean forward while keeping heels on the floor |  |  |
| Hold for 20-30 seconds, repeat with opposite leg. |  |  |