



# Dynamic Stretching

Warm-up, 30 secs each

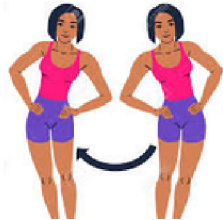


Leg Swings



Arm Circles

Side Lunges



Inchworms



Hip Circles



# Static Stretching

30-60 secs, 2 to 3 sets



Standing Hamstring

Butterfly



Lunging Hip Flexor

Arm Raised Lat Stretch



Chest Stretch (on door)

Lunge w/ Spinal Twist



Standing Quad



Tricep stretch

