

Dynamic Warm Up/ Stretching Routine

(Examples of exercises)

Below are still shots of the dynamic routine. It obviously cannot show the exercises being done so please use your imagination along with each description given.

2. Light Calf Raise – Raise the knee into a position level with the hip and extend up onto the toes to stretch the calf.

3. Extended Calf Raise – This is the same as above except a jump should be added (similar to a skipping action).

4. Skipping Calf raise – This is a skipping action, driving the knee up and extending the hanging leg down.

5. Forward Lunge – Stride forward with the feet, hips and shoulders facing front on. The back should be straight, the knees bent to 90 degrees. This stretches the quadriceps of the back leg.

6. Forward Lunge with shoulder twist – The same exercise as above in terms of the legs and hips. Ensuring these remain still the shoulders rotate to the left and to the right. This stretches the latissimus Dorsi in the back.

7. Sumo Squats – Wide stance, knees and hip bent to 90 degrees, back straight. Ensure that the knees bend over the feet and not inwards. The heels must also remain in contact with the floor. This stretches the gluteals and the quadriceps.

8. Hamstrings (Hands back to front) – staggered stance, feet pointing in the same direction. The front leg remains straight while the back leg bends keeping the knees side by side. Bend at the hip by running the hands from the hips along the backs of the legs to the floor and out to in level with the shoulders. This stretches the hamstrings.

9. Hamstings (Hands front to back) – This is basically the opposite of the above. It is performed backwards starting with the hands in front of the shoulders, lowering them to the floor while bending at the hip and running the hands up behind the legs to the hips. During this exercise the toes should come off the floor as the stretch progresses. This further develops the stretching of the hamstrings.

10. Russian Walk – This is ballistic kicking one leg forwards and upwards in a straight position. At the same time the opposite arm, starting from a natural position rotates backwards, above the head with aim of touching the rising foot's toes. This stretches the gluteals and hamstrings.

11. Sprint Leg Knees – While running one knee drives up to hip level on a regular step pattern. This action is very similar to sprinting with your knees up high except each leg is worked on a separate basis. This is not skipping! This stretches the quadriceps and improves the reaction speed of the muscle.

12. Sprint Leg Heel Kicks – Similar to above except the heel kicks back to hit the bottom. The action is very similar to heel kicking sprinting except each leg is worked on a separate basis. Again this is not skipping! This stretches the hamstrings and improves the reaction speed of the muscle.