

# WARM-UP: 5 Dynamic Stretches

Incorporating these stretches into your dynamic warm-up will help to avoid injury, improve flexibility, and get more out of your workout.

## Lateral Lunge to Drop Lunge



*This move stretches the outside of your hips and your inner thighs.*

Start by standing tall, in perfect posture, with your arms out in front of you.

Inhale and slowly step to your right and lower your hips to the floor by squatting back and down with the your right leg, keeping your left leg straight.

Exhale and push off firmly with your right leg to stand back up.

As you stand, reach back with your right foot until it is about 2 feet (60 cm) to the outside of your left foot, allowing your hips to rotate as you do so.

Rotate your hips back to square and push them back and down into a full squat, with most of your weight on your left foot.

Drive off your left leg to stand back up, and step back with your right foot to the starting position.

Repeat for the desired number of repetitions on one side, before switching and repeating on your other side.

## Knee Hug Lunge, Elbow to Instep

*This stretch prepares your glutes, calves, hamstrings, groin, and hip flexors for an intense workout.*

Start by standing tall with your feet slightly apart, engage your abdominal muscles to stabilise your spine.



Squat slightly as you lift your right knee, grabbing below the knee with your hands, then stand tall and pull your knee to your chest while contracting your left glutes.

Release and step forwards into a lunge with your right foot, keeping your left leg as straight as you can, keeping your left knee off the ground, and activating your left glutes.

Place your left hand on the ground for stability, keeping your back straight so that you your body forms a straight line from your head to your heel.

Push your right elbow deep down to the instep of your right foot as you exhale. Feel the stretch through your groin, lower back and left leg, hold for one deep breath, in and out.

Place your right hand on the ground, outside of your right foot, and push your hips to the sky, keeping your back and your left leg straight, and pulling the toes of your right foot up towards your shin. Feel the stretch through your hamstrings, and hold for one deep breath, in and out.

Drop your hips back down, raise your torso into good posture, as tall as you can, and push back up with your left glutes to a standing position.

Repeat with your left leg and arm.

Continue for the desired number of repetitions.

## Handwalks

*This essential warm-up movement prepares your shoulders, torso, and hamstrings for a great training session.*



Stand with your feet hip-width apart and your arms at your sides. Bend forward and place your hands on the floor about shoulder-width apart; get them as close to your feet as you can without bending your knees (A). Step one hand forward a few inches, then the other, moving into plank position(B). Walk your feet back toward your hands, keeping legs straight.

That's one rep. Do four to five.

## Reverse Lunge with Lateral Flexion

*This move stretches your hip flexors, groin, and torso.*



Start by standing tall, in perfect posture, with your arms by your sides.

Step backwards with your right leg into a lunge – bending your left knee and dropping your right knee to just above the ground.

Contract your right glutes and rotate your torso to the left, reaching behind you with your left arm.

Relax and rotate back to neutral, then exhale and push up firmly with your left leg to return to the starting position.

Repeat the movement on your other side.

Repeat for the desired number of repetitions on each side.

## Inverted Hamstring

*Use this stretch to loosen the often-tight hamstrings and challenge your balance at the same time.*



Start by standing on one leg with perfect posture, your arms raised out to your sides and your shoulder blades back and down.

Slowly bend over by hinging at your hip, lifting your straight opposite leg behind you, keeping a straight line between your ears and ankle.

When you feel a stretch, return to a standing position by contracting your glutes and hamstrings and stepping forwards.

Repeat the motion, alternating legs with each step forwards for the desired number of repetitions with each leg.