

Dynamic Stretches

Standing Forward/Backward Leg Kicks

How: Holding onto a stationary object, swing one leg forward and backwards for 10 repetitions. Keep an upright posture. Change legs and repeat.

Standing Lateral Side Kicks

How: Holding onto a stationary object, swing one leg sideways in front of the other leg and then out to the side for 10 repetitions. Keep an upright posture. Change legs and repeat.

Walking Lunges

How: Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor. Keep the weight in your heels as you push back up to the starting position.

Walking Lunges with a Side Torso Twist

How: Complete lunge as above. While stepping forward, twist from your torso towards the side with the forward leg. Keep the weight in your heels as you push back up to the starting position. Continue and alternate sides.

Walking Knee to Chest

How: Step slowly forward. As you advance, lift one leg and use your arms to bring your knee towards your chest, gently pulling your knee towards you for a stretch. Pause. Lower your leg. Alternate sides as you slowly advance forward. Repeat to complete 10 times on each leg.

Hacky-Sack

Lift up your left leg, bending your knee so it points out. Tap the inside of your left foot with your right hand without bending forward. Slowly move forward as you alternate sides. Repeat 10 times on each leg. As you are able to keep your balance better, you can complete this in a more hopping technique.

Heel Raises/Toe Raises

Stand in place. Raise both of your heels off the ground, rising up onto your toes. Pause. Return to the start position. Then rock back onto your heels, raising your toes off the ground. Repeat 10 times.

Arm Circles

Stand in place. Put your arms out-stretched so they are parallel to the ground. Begin by circling your arms forward in small circles. Increase the size of the circles so you are doing large circles within the available shoulder range of motion. Repeat exercise, moving the arms in a backward circular motion.

Neck range of motion

Slowly move your neck in a circular pattern towards the left and then towards the right. Complete 10 repetitions in each direction.

Shoulder circles

Shrug your shoulders up towards your ears and then back down in circular motion. Repeat 10 times forward and 10 times backwards.

Adapted from articles on www.competitor.com and www.runnersworld.com