

CITY OF DULUTH DYNAMIC STRETCHING



What is dynamic stretching?

Dynamic stretching involves active and controlled movements (keyword: MOVEMENTS) that stretch muscles to their full range of motion.

When is the best time to engage in dynamic stretching?

Dynamic stretches help to prime muscles for functional movements.

It is also great for breaking up long periods of inactivity or sitting.

Do this BEFORE work, BEFORE physical activity and to stimulate muscles and blood flow after periods of inactivity for the best results.

What are some benefits associated with dynamic stretching?

- Increases range of motion
- Decreases risk of injury
- Prepares your brain for movement
- Promotes blood flow
- Improves performance
- Optimizes joint health

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SELECT 2 UPPER BODY + 2 MID-SECTION + 2 LOWER BODY

Upper Body Dynamic Stretches

[Dynamic Upper Body Stretches on Vimeo](#)

Wrist Figure 8's

Interlace the fingers of the hands, and hold out in front of the body, keeping elbows bent. Move the wrists (without moving the arms) in a figure 8 motion, for about 10 seconds.

Arm Swings

With straight arms hanging by the sides, swing arms forward and straight up, then swinging down and back for approximately 10-20 seconds.

Next, sweep arms out to the sides, then across the body, crossing them as they swing to the opposite side, then back out to the sides for approximately 10-20 seconds.

Arm Circles

Stand with feet shoulder-width apart and hold arms out to the side at shoulder height.

Circle around your arms slowly, starting with small circles, working up to larger circles. Start with 10-15 circles depending on your comfort level, until you feel the shoulders getting a bit tired.

Reverse direction of the circles and perform 10-15 more.

Standing Cobra

Stand with feet hip-width apart and arms hanging down at your sides, palms facing in.

Breathing in, roll your shoulders up, back and down, bringing your shoulder blades in towards one another. Turn palms out and back as far as is comfortable, hold, breathe out, and release. Repeat.

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Upper Body Dynamic Stretches (Continued)

Halo

Bring palms together in a prayer position above the head, elbows pointing out to the sides. Circle the palms, around the crown of the head, like tracing a halo, first clockwise 8-10 times, then counterclockwise.

Feel the stretch in the upper body, down into the core, as you perform the circular motion.

TYW

Start standing with feet hip-width apart, and hinge at the hips to bring torso slightly forward while maintaining a straight back.

Extend arms out to sides to form a T shape.

Maintaining body position, swing arms up so the upper arms align with the ears, forming a Y shape.

Core engaged the entire time, bend elbows to waist and retract the shoulder blades to form a W shape.

That's 1 rep; complete 5 total repetitions.

Shoulder Circle Shrugs

Stand with your feet shoulder-width apart and arms at your sides.

Keeping your arms straight, shrug your shoulders and move them in a big, forward circle.

Repeat 10 times, then switch to the reverse direction for an additional 10 repetitions.



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Mid-Section Dynamic Stretches

[*Dynamic Mid-Section Stretches on Vimeo*](#)

Hip Circles

Stand straight with feet slightly wider than shoulder-width apart.

Bend knees slightly and place the hands on the hips.

Slowly rotate the hips making big circles in one direction, then switch to the other direction.

Trunk Rotations

Stand with your feet shoulder-width apart and bring your arms straight out to the sides at shoulder height.

Keep your hips still and slowly turn your body from right to left.

Repeat for 10 rotations.

Good Mornings

Stand with feet hip-width apart, knees slightly bent.

Cross the arms in front of the body.

Lower at the hips, bringing the head and chest down towards the floor, back stays flat, feeling a stretch in the lower back and hamstrings.

Lift back up to standing, lifting the shoulders and head, and tightening the glutes.

Repeat 5-10 times.

Knee to Elbow March in Place

As you march in place, gently bring right elbow to left knee, then left elbow to right knee.

Continue to march for 15-20 repetitions.



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Mid-Section Dynamic Stretches (Continued)

Side Bends

Standing with feet shoulder-width apart and keeping body forward, raise the right arm overhead, reaching and bending the body to the left.

Lower the arm back down.

Raise the left arm overhead, reaching and bending the body to the right.

Repeat 10 times.

Standing Windmill

Stand with feet slightly wider than shoulder-width.

With arms starting straight out at the sides (in a T), reach the right hand down towards the inside of the right foot, while turning the torso to the left and reaching the left arm up towards the sky.

Come back up to the standing T.

Next, reach the left hand down towards the inside of the left foot, while turning the torso to the right and lifting the right arm up towards the sky.

Repeat 10 times.

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Lower Body Dynamic Stretches

[Dynamic Lower Body Stretches on Vimeo](#)

Ankle Circles

Standing or sitting, slightly lift one foot off of the floor.

Rotate the foot clockwise for 5 counts, then counterclockwise for 8-10 counts.

Repeat on the other foot. (Use a wall or chair for balance, if standing.)

Butt Kicks

Stand with your feet hip-width apart and your arms at your sides or on hips.

Keeping your torso upright, bend your right knee to bring your foot up behind you. The heel of your right foot should touch (or come close to) your right glute.

Return your foot to the ground and bring your left heel up to touch your left glute.

Repeat this movement, alternating sides. Perform 20 repetitions, or 10 repetitions per leg.

Squats

Stand with the feet hip-width apart.

Gently lower the body into a squatting position, making sure the knees do not go past the toes.

Squeeze the glutes — the muscles in the buttocks — when returning to a standing position.

Repeat the movement 10-12 times.

High Knees

Stand up straight, and slowly bring one knee up toward the chest.

Return to the starting position, and do the same with the other knee.

Continue to alternate knees, increasing the speed as the body warms up.

Aim for 10-12 repetitions each side.

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Lower Body Dynamic Stretches (Continued)

Leg Swings

Stand with your right hand gently holding onto a wall or chair for support. Swing your left leg up in front of you while keeping it straight. Raise it up to about hip level. Let your leg swing backward, up to roughly the lower portion of your glutes. Repeat 10-15 times with your left leg. Switch to your right leg and repeat.

Cross Body Leg Swings

Stand with your right hand gently holding onto a wall or chair for support. Swing one leg across the body in front of you while keeping the foot flexed, and out to the side where comfortable. Repeat on the other leg. Complete 8-10 times with each leg.

Lateral (side) Lunge

Stand upward hip-width, hands at sides or on hips. With the right hand, reach down toward the foot, stepping out to the right lowering the body until the right knee is bent to 90 degrees. To modify, keep hands on hips, step out to the side and bend the knee less than 90 degrees, to what is comfortable. Immediately repeat on the other side. That's 1 rep; complete for a total of 10 repetitions.