

Dynamic Movements

Leg Swings Stand tall, sideways to a wall, with your right hand placed on the wall for balance, swing your left leg forward and back, being careful not to arch your back on the back swing, let your butt do the work. 10 reps and switch sides.

Side Leg Swings Stand tall facing a wall, arms straight and both hands placed on the wall. Keeping your left leg planted swing your right leg in front of you to your left side (toes pointing up) and swing immediately to your right side (again toes up). Let your hips rotate left and right with the leg. 10 reps and switch sides.

Hip Circles Place your hands on your hips and pretend you are doing the hula hoop! 10 circles right and left.

Frankenstein Walks Walking forward with both arms held straight in front of you swing one leg straight towards your hands only as high as is comfortable and repeat other side. 10 each leg.

Knee Hugs As you step forward hug one knee to your chest and squeeze, repeat other side while continuing to move forward. 10 each leg.

Butt Kicks Moving forward with your hands behind you over your buttocks, kick your right heel towards your butt, walking forward kick your left heel towards your butt. You should feel a stretch in the front of your leg. 10 each leg.

Squats Holding on to a sturdy object or the inside of a doorway, bring your butt down as far as possible while keeping your heels on the floor, knees over toes, spine straight, and chest open. 5 times.

Inverted Hamstring Standing tall, balance on one leg and bring the other leg back keeping it straight while dropping your torso forward and keeping your spine straight. You should be one straight line from head to toe. Your arms go straight out to the side as you drop forward and move back to your sides as you stand up. 10 reps and switch sides.

Lateral Shuffle Moving sideways shuffle to the right 10 times and to the left 10 times