

Flexibility & Mobility

(Hips, Legs, Ankles, Shoulders)

Dynamic Stretch (Warming up)

These stretches should be used as part of warm-up routine to help move your muscles and joints through their full range of motion. Doing these types of stretches will help to increase temperature and decrease stiffness prior to starting physical activity.

Static Stretch (Cooling down)

These stretches should be used as part of a cool-down/ daily maintenance routine to help prevent injury and improve flexibility. They involve maintaining a stretched position for 30-45 seconds (without pain) before relaxing and repeating another 2-3 times per stretch.

Dynamic Routine (~10 min)

Ankles

(~2 min)

- [Ankle Alphabet/ Shapes](#)

Hips

(~2 min)

- [Quadruped Hip Circles](#)

Legs

(~2 min)

- [High Knees](#) / [Butt Kicks](#)

Shoulders

(~2 min)

- [Arm Circles / Variations](#)

Static Routine (~20 min)

Lower Body

(~10 min)

- [Door Jam Calf Stretch](#)
- [Anterior Tibialis Stretch](#)
- [Hurdler Stretch](#)
- [Figure 4 Hip Stretch](#)

Upper Body

(~10 min)

- [Dead Hang](#)
- [Wall Angels](#)
- [Lat Bench Stretch](#)
- [T-Spine Open Book \(Side Lying\)](#)

Other Movements

[Couch Stretch \(Hip Flexor\)](#)

[Elevated Pigeon Stretch](#)

[Floor Angels](#)

[FROG Hip Mobilizer](#)

[Lateral Leg Swings](#)

[PNF Hamstring Stretch](#)

[Posterior Pelvic Tilt](#)

[Quad Bird Dog](#)

[Seated Hip drops](#)

[Shin Splint Routine](#)

[Shoulder Rolls \(Quadruped\)](#)

[Side Plank Clamshell](#)

[SMR Calves](#)

[SMR Plantar Fascia](#)

[Thoracic Extension \(Foam Roll\)](#)

[T-Spine Open Book \(Kneeling\)](#)