

## **Complete Dynamic Before Workouts / Static Stretches After Workouts**

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### **Upper Body Flexibility Routine: Dynamic**

- Shoulder Rotations- Clockwise and Counter Clockwise
- Torso Rotations (No Hips)
- Torso Rotations (Use hips and rotate through the ground)
- Side Bend and Reach
- Forward Bend and “around the worlds”-Clockwise and Counter Clockwise (stretch and reach)
- Elbow Rotations-Clockwise and Counter Clockwise
- Closed Wrist Rotations-Clockwise and Counter Clockwise

### **Upper Body Flexibility Routine: Static**

- Hands Behind Back Chest Opener with fingers interlocked behind body.
- Lying Facedown External Rotations (Elbows at 90 degrees and arms parallel to shoulders)
- Hands In Front Back Opener (fingers interlocked in front of body and stretch through shoulder blade)
- Rotator Cuff Stretch (Place Hand on Low Back and pull elbow forward with opposite hand)
- Waterfall (Grab your fingertips with the opposite and extend your arm)
- Tricep and Lat Stretch Combo (Place Hand behind and pull on Elbow with opposite hand)

### **Lower Body Flexibility Routine: Dynamic**

- Lower Body Floor Wipers with Bent Knees
- Lying Down Side Leg Kicks
- Lying Face Down Scorpion Kicks
- Upward to Downward Dog movements
- Pigeon Stretch
- Cat Cow Stretch

### **Lower Body Flexibility Routine: Static**

- Lying Down Hip Flexor Stretch (Bend the Knee and pull the Heel down to the butt with your hand).
- Lying Down Figure 4
- Standing Bench Hamstring Stretch (Keep your leg straight with your heel on the bench and lean forward)
- Side Adductor Stretch/Lateral Cossack Squats
- Towel Around Toe Calf Stretch (Wrap the towel around your foot and pull back)