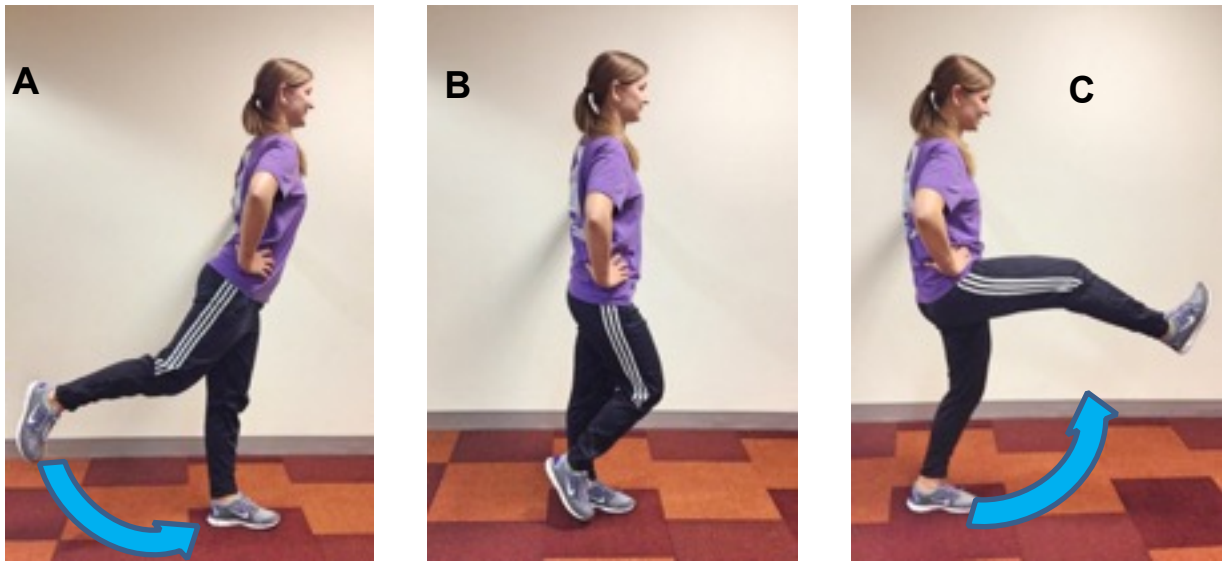


Dynamic Stretches



Leg Swings (low impact)

Find an object for balance, preferably a wall. Swing the leg, which is farthest away from the object, back and then forward. Use momentum for a further stretch. Keep your back straight and **DO NOT** have your knees locked when performing this. Perform same amount for each leg.

A

B

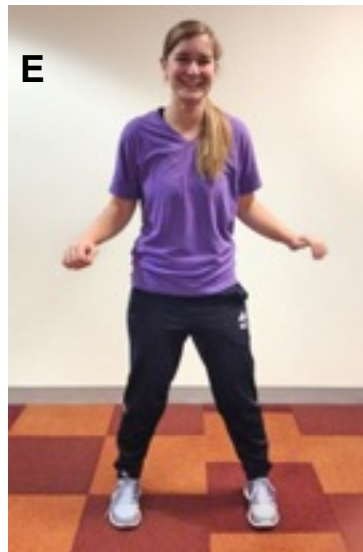
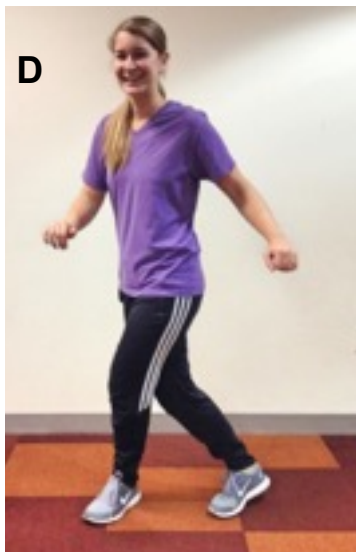
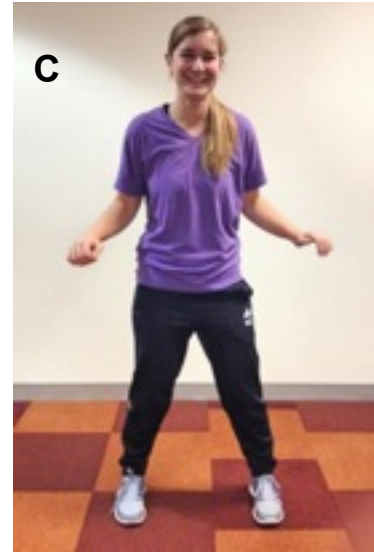
C





Side Shuffle (low impact)

Stand with your feet shoulder-length apart and bend your elbows comfortably by your side. Keep your head in a neutral position. Bend your knees so that your butt is sticking out. Try to keep your back straight and **DO NOT** bend your upper body past your toe line. To go left just step sideways with your left foot leading. Perform same amount in each direction.

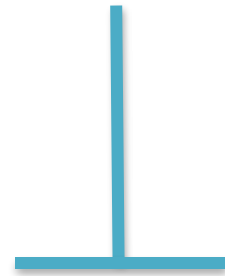


Karaoke (low impact)

Stand comfortably with your feet shoulder-length apart. Keep your head in a neutral position. When going sideways to the left direction, first cross your right foot over while keeping your upper body facing forward. Then uncross. Next cross your right leg behind with your upper body facing forward. Then repeat. To go sideways toward the right direction, use your left leg to do the forward crossing and behind crossing. Perform same amount in each direction.

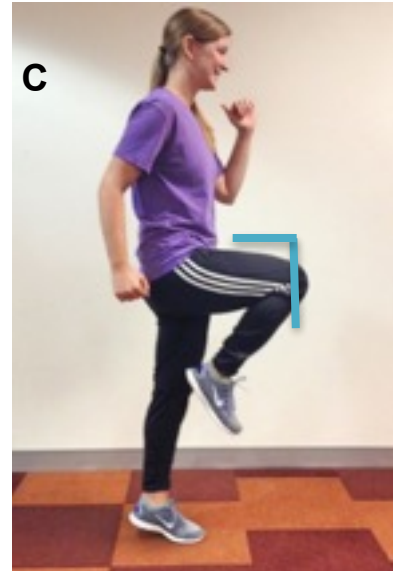
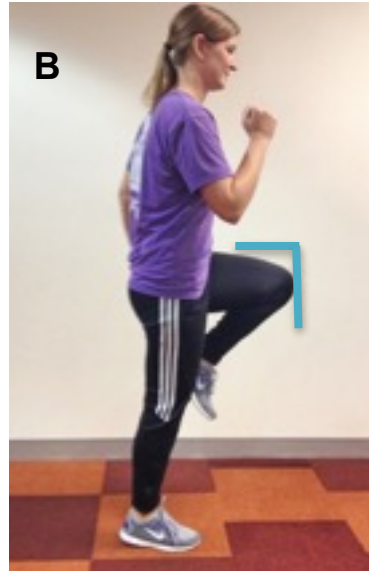


C



Butt Kicks (low impact/high impact)

This can be done in place. Balance on the balls of your feet and bend your elbows comfortably by your side. Keep your head in a neutral position. For low impact, kick your foot back so that it almost touches your butt. Your thighs should be perpendicular to the ground. To make this high impact do the exact same thing but jog in place instead. Perform same amount for each leg.



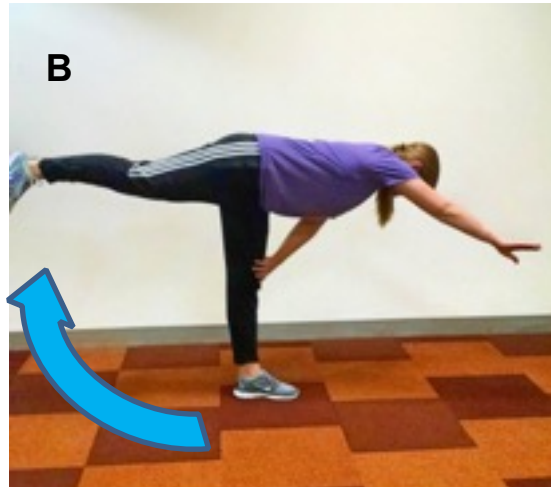
High Knees (low impact/high impact)

This can be done in place. Balance on the balls of your feet and keep your head in a neutral position. For low impact, lift your knees to a 90 degree angle, like you are marching. Raise your right arm with your left knee and raise your left arm for your right knee. For high impact do the exact same thing while jogging in place. Perform same amount for each leg.



Frankenstein (low impact)

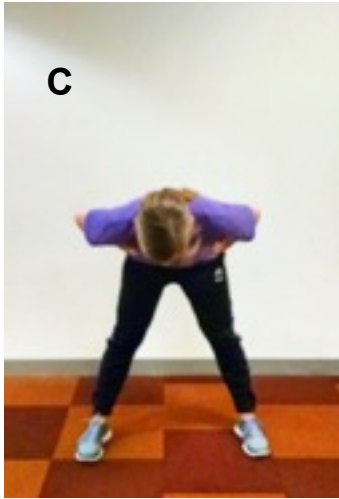
Stand straight with your head in a neutral position. Reach out your arms forward for balance. Then kick and try to touch your hand. DO NOT have your knees locked. Perform same amount for both legs.



Ballerina (low impact)

Stand straight with your head in a neutral position. Have your hands stretched forward for balance. Lean forward and kick back one of your legs. Have your back straight with your neck aligned with your spine. If this is too difficult, try holding onto a chair for support.





Trunk Rotators

Stand with your feet shoulder-length apart. Lean forward to your right. Then continue the motion straight forward with your back straight. Continue the motion until you are in starting position, except you are leaning slightly back so as to complete the full circle.