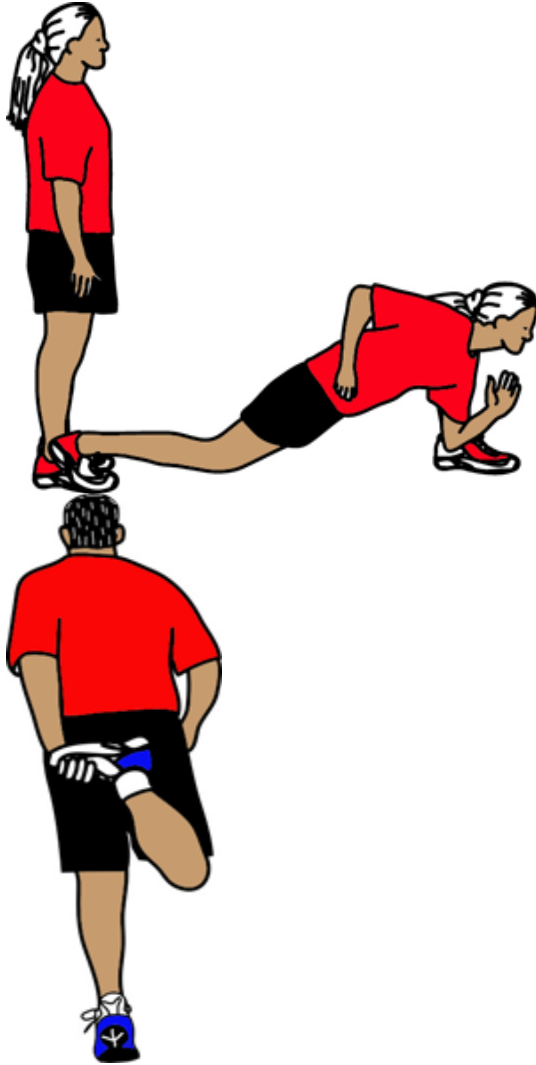


## 5 Dynamic Stretching exercise

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Take a large step forward. Descend down after stepping forward reaching with the elbow. Use the same side elbow as the leg that stepped. If you have the flexibility try to touch the elbow to the inside of the foot. After touching the foot come up to the start and repeat on the opposite leg.

While stepping forward grab the leg behind the body and pull it up. Put your leg back down so you can take the next step. Then lift the next leg up and pull. Do not walk fast. Walk slowly. You should go up on the toe of the foot that is on the ground for each step.



Do this drill while stepping slowly. Go up on the toe while stepping and lifting the opposite leg as seen in the image. Pull the leg up with two arms.



Same as above. Do the drill walking, go up on the toe, and pull the knee to your chest. Put the leg back on the ground, take a step and pull the opposite leg up to the chest.



While stepping forward go down and touch your toe. Try to keep a straight line from head through the ankle. Do not compensate by twisting the body. This will take the stress off the hamstring AND glutes, which is where we want it.