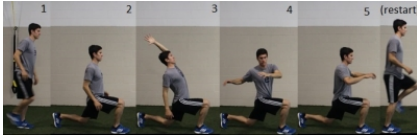


## Dynamic Warm-Up

Created by Adam Homolka, MPT, ART Oct 1st, 2019

View at "my-exercise-code.com" using code: NGC5TH4

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### Super Star Lunge with Trunk Rotation

Take a step and lower into a deep lunge with your lead leg knee over top your ankle. Reach the arm of the trail leg over your head. Hold for a second. Return your arm to your body and rotate your trunk, twisting over your lead leg. Return to center and stand up. Step into another lunge and repeat on other side.

Repeat 10 Times  
Perform 1 Time(s) a Day



### Lateral Lunge with IT Band Stretch

Lunge to the side to feel a stretch in trail leg groin. Stand up by pushing through lead leg and bring trail leg behind other leg. Lean toward your lead leg and raise arm overhead. Continue into the next side lunge moving in the same direction.

Repeat 10 Times  
Perform 1 Time(s) a Day

Complete in each direction.



### Ankle Grabs/Oil Rigs

Stand with your feet shoulder width apart. Grab one of your ankles and bend over at the hips. Keep your back flat and head up. Then, return to standing, take a step forward and repeat with the opposite leg.

Repeat 10 Times  
Perform 1 Time(s) a Day



### Duck/Pigeon Walks

Start standing up. Rotate your toes so they are pointed away from each other (duck footed). Keeping your head forward, bend at the hips and lower until you feel a stretch in your hamstrings. Hold for 2-3 sec.

Return to standing position and rotate your toes so they are pointing in toward each other (pigeon toes). Keeping your head forward, bend at the hips and lower until you feel a stretch in your hamstrings. Hold for 2-3 sec.

Repeat 10 Times  
Perform 1 Time(s) a Day



### Figure-4 Squat

Stand with your feet shoulder width apart. Place the ankle of one foot above the knee of the opposite leg. Lower into a single leg squat. Lower as low as you can or until your thigh is parallel to the ground. Raise back to standing, take a step forward and repeat the exercise on the opposite leg.

Repeat 10 Times  
Perform 1 Time(s) a Day