

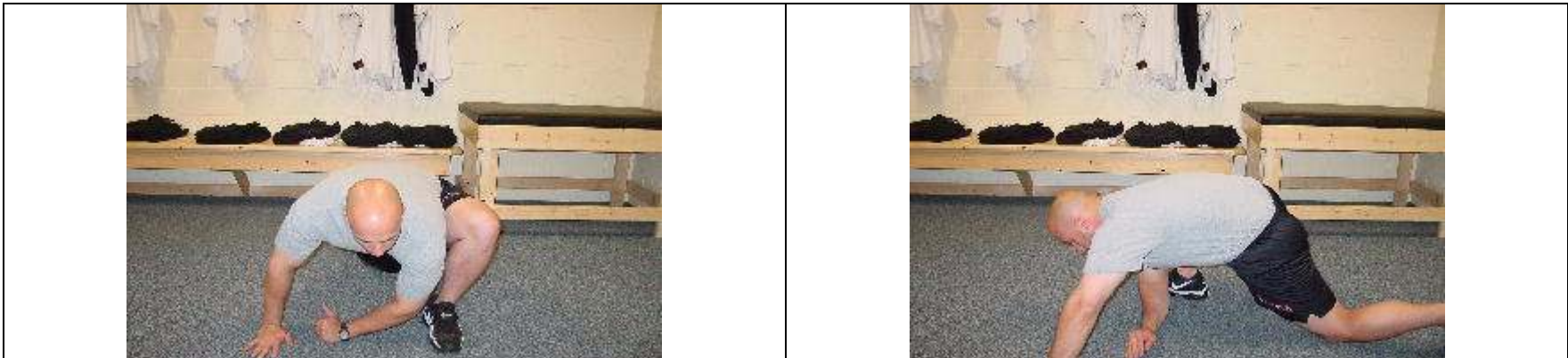
DYNAMIC STRETCHING EXERCISES

INCH WORM



START WITH FEET AND HANDS ON GROUND. WALK HANDS OUT FORWARD BRINGING THE BODY TO "PUSHUP" POSITION. LOWER HIPS TO GROUND AND BRING BACK TO "PUSHUP" POSITION. WALK FEET UP TO HANDS AND REPEAT FOR DESIRED REPETITIONS.

SPIDERMAN



LUNGE FORWARD AND BRING ELBOW TO INSTEP. FOLLOW THROUGH WITH OTHER LEG AND BRING ELBOW TO INSTEP. REPEAT IN SAME FASHION FOR DESIRED REPETITIONS.

LATERAL LUNGE WALK



STAND STRAIGHT TO BEGIN. LUNGE Laterally and stretch groin. Stand back up straight. Repeat in opposite direction. Repeat for desired repetitions.

DUCK WALK



BEGIN BY SQUATTING DOWN AS FAR AS POSSIBLE. EXERCISE IS SIMPLY BY WALKING IN SQUATTING FASHION FOR DESIRED REPETITIONS. IT IS IMPORTANT TO KEEP BUTT DOWN THROUGHOUT THE ENTIRE EXERCISE.

IRON CROSS



BEGIN LYING ON BACK WITH ARMS OUT TO SIDE. SWING ONE LEG UP AND TRY TO TOUCH FOOT TO HAND. BRING BACK TO ORIGINAL POSITION AND REPEAT IN OPPOSITE DIRECTION.

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