



Haverford SC - Dynamic Stretching

1. Knee Lift – Walking Lift knee, putting one hand on knee & shin. Up on opposite toe.
2. High Knee Lift – Skipping, knees to chest (close) hand motion also.
3. High Knee Run – Running with Knees up and hands flowing.
4. Leg Pull – Stretching. Walk up on toe (opposite foot)
5. Heel Up – Jogging, Heel hits Butt.
6. Straight Leg Skip – Toy Soldier, Feet touch Hands.
7. Straight Leg Dead Lift Walk – Walk one step lean forward, bring rear leg up in air use hands for balance.
8. Backward Run – Strides.
9. Backward Pedal – Short Steps.
10. Inch Worm – Start in Push Up Position. Feet Walk up, butt in Air. Hands stay on ground and walk out with hands, then perform sliver, pushing body forward. Start again with feet.
11. High Knee Walk – External Rotation. Grab Shin with one hand and Knee with other.
12. Spiderman – Start in a Push Up Position. Bring Right leg out and around to left Elbow. Walk two steps with hands. Repeat Same with Left leg.
13. Slalom – Run Forwards exaggerating last step (reaching).
14. Lateral Lunge – Start sideways on. Lunge bending left knee & keeping right leg at starting point stretched. Stand back up straight. Lunge again.
15. Lateral High Knee Step – Step sideways lifting knee high & out and high and in.
16. Lateral High Knee Run – Running sideways with knees up and correct hand motion.
17. Lateral Fly with Ground Touch – Slide two steps to the right/left. Lunge & touch ground. Stand up and repeat.
18. Carioca - Feet crossing over.
19. Skip Bi Lateral – Skip with two feet going side to side.
20. Skip Bilateral – Skip with left then right foot.