Dynamic Stretching

* Knee to Chest Walk: 6x each side.
* High Knees:
* Criss Cross: body to side, rotate hips, criss cross side step
* Butt Kickers
* Walking Quad Stretch: 6x each side
* Spiderman Lunge: 6x each side – lunge with hands on inside - switch
* Inchworm: feet firm, walk arms out, then walk feet in
* Hip Swing: fwd/bkw swing of leg, balance on 1 leg or hold partner (switch legs)
* Lateral Hip Swing: (like clock, back and forth) then switch
* Open Knees: bend leg, lift knee/legs up and around toward outside direction taking a few steps in between (switch)
* Closed Knee: Like open knee but direction to inside
* Ankle Circles: 10x each - toe on ground, round foot ankle, or balance and rotate foot.
* Walk tip toe
* Heel Walk
* Arm Circles: forward and backwards, both, one at a time, windmills
* Rotational Windmill: twist at waist with arms out, side to side