

Warm Ups: STATIC STRETCHES

- * big arm circles (both arms together in one direction, switch directions)
- * back pats (swing arms wide around and across your body to pat your back)
- * right arm across body and hold/left arm across body and hold
- * right arm behind head and hold/left arm behind head and hold
- * flamingos (both legs)
- * cross right leg over left and hold/cross left leg over right and hold
- * spread legs slightly wider than shoulder width and stretch straight down in the middle (legs straight!)/stretch toward the right foot/stretch toward the left foot
- * keep legs spread and lean toward the right knee/lean toward left knee
- * get into a lunge position with right leg back, spread further out at a 45° angle and lean forward onto left knee/switch so left leg is back and leaning on right knee
- * hip circles (feet together, rotate hips in a circular motion) (both directions)
- * knee circles (feet together, rotate knees in a circular motion) (both directions)
- * ankle circles/right foot, left foot (both directions) (point toe, roll ankle around in a circular motion)
- * calf stretches/right foot, left foot (using a wall or another person's foot, push your foot up against it, keep your heel tight and lean forward)