



Dynamic Flexibility Program

Alternate Knee to Chest

Start position: Lie on back, hug one knee to chest, opposite leg straight in a 45-degree position

Motion: Pull one leg to chest while opposite leg is straight, then switch

Note: Keep stomach tight while switching legs

Repeat: 8–10x each leg (alternate)



Alternate Single Straight Leg

Start position: Lie on back, hold one leg straight with both hands, opposite leg straight in a 45-degree position

Motion: Pull one leg to chest while opposite leg is straight, then switch

Note: Keep stomach tight while switching legs, keep legs straight

Repeat: 8–10x each leg (alternate)



Dynamic Hamstring

Start position: Lie on back, hip and knee at 90 degrees

Motion: Squeeze quad, straighten leg, flex your foot and return to start position

Repeat: 8–10x each leg



Dynamic Calf

Start position: Lie on back, leg straight

Motion: Flex and extend foot

Repeat: 8–10x each leg



Dynamic Groin:

Start position: Stand, feet wider than your shoulders, feet straight ahead

Motion: Lunge to one side, reach with hand in front of opposite foot, back to start position, then repeat to other side

Repeat: 8–10x each way



Dynamic Hip Flexor (Standing/Kneeling)

Standing position: Stagger your stance, lunge forward so hip flexor is on stretch, reach arm up (slightly side bend and rotate arm so palm is facing away)

Kneeling position: Kneel on one knee with opposite foot in front, lunge forward and reach arm up (same as in standing)

Repeat: 8–10x each way



Dynamic Hamstring #1

Start position: Stand, one foot slightly ahead of other, knee straight

Motion: Slightly bend knee, reach toward the front foot with both hands

Repeat: 8–10x each leg



Dynamic Hamstring #2

Start position: Sprinter's start (one foot ahead of other), both hands on the ground

Motion: Attempt to straighten out your front leg

Repeat: 8–10x each leg



Walking Lunge with Twist

Repeat: 6–8x each leg



Prisoner Squat

Start position: Stand, feet hip-width apart (feet/knees pointed forward), hands behind head

Motion: Squat down while trying to keep chest/head up and arms open

Repeat: 8–10x



Scorpion

Start position: Lie on stomach with arm out to the side (T-position)

Motion: Take one leg and try to touch opposite hand

Repeat: 6x each leg



Iron Cross

Start position: Lie on back with arm out to the side (T-position)

Motion: Take one leg and try to touch opposite hand

Repeat: 6x each leg

