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**