Dynamic Warm Ups

**Hip Flexion** – Standing on one leg, slowly lift the other knee up straight in front of your body.

**Hip Extension** – Maintaining good posture, move one leg directly behind your body.

**Hip Flexion/ Knee Extension** - Standing on one leg, slowly lift the other knee up straight in front of your body; maintain this position while extending your leg out in front of you.

**Hip Flexion/ Knee Flexion** - Maintaining good posture, move one leg directly behind your body; maintain this position while bending your knee.

**Hip Abduction** – Maintaining good posture, move your leg out to the side of your body.

**Hip Flexion with Internal/External Hip Rotation** - Standing on one leg, slowly lift the other knee up straight in front of your body; maintain this position while rotating your leg to the right and then to the left.

**Head and Neck**

**Rotation** - Maintain good posture and keep your head straight; slowly move your head to one side then the other.

**Side Bending** – Maintain good posture and keep your head straight; move your ear towards your shoulder.

**Chin Tucks** – Bring your chin to your chest and the glide your neck straight back.
**Dynamic Warm Ups**

**Row** – Move both elbows straight back along the side of your body, maintaining good posture.

**Horizontal Abduction** – Start with your arms straight in front of you and move them away from each other out to your sides.

**Shoulder External Rotation** - From the full row position; move your wrists away from your body keeping your elbows against your trunk.

**Overhead Press** – Move your arms straight above your head.

**Shoulder/Elbow Extension** – Start with your arms at your side. Move your arms straight behind you.

**TRUNK**

**Rotation** - Maintain good posture and keep your head straight; slowly move your head to one side then the other.

**Side Bending** – Maintain good posture and keep your head straight; move your ear towards your shoulder.