



SANFORD
ORTHOPEDICS
SPORTS MEDICINE

DYNAMIC WARM-UP

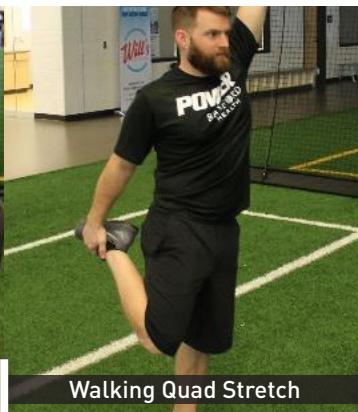
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- Is a series of dynamic movements to increase blood flow and to better prepare the muscles and joints for exercise specific to running.
- This warm-up should be done prior to running. Go through each exercise 1 time.



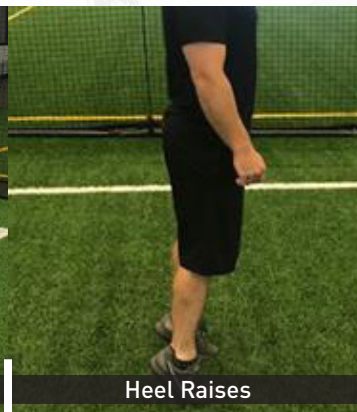
Hamstring Kick

- [30 yds. or 10 kicks each leg]
Walking forward keep the leg straight and kick it straight out in front of the body.



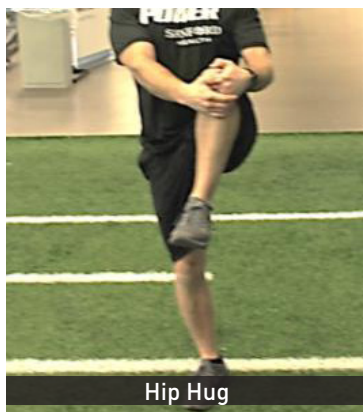
Walking Quad Stretch

- [30 yds. or 10 kicks each leg]
Walking forward gently pull the heel up to the butt. 20 yds. or 10 each leg.



Heel Raises

- [20x]

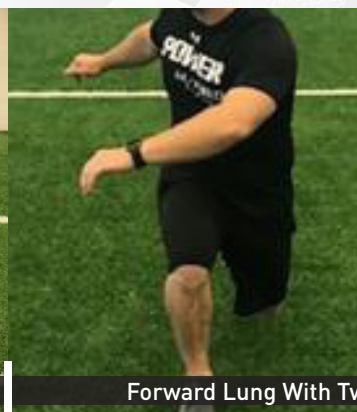


Hip Hug

- [30 yds. or 10 kicks each leg] Walking forward keep the leg straight and kick it straight out in front of the body.

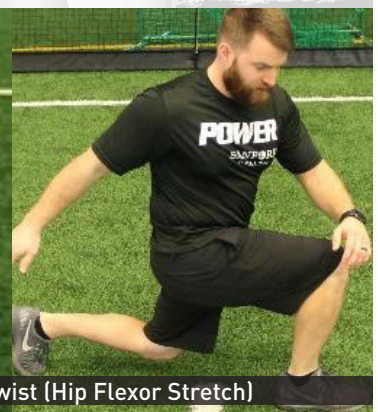


Hip Cradle



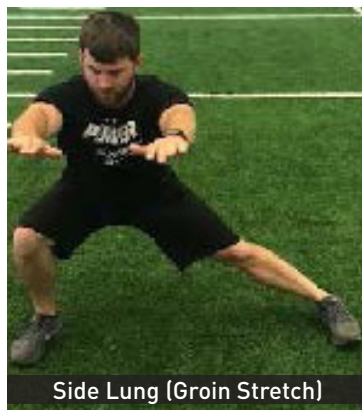
Forward Lunge With Twist (Hip Flexor Stretch)

- [30 yds. or 10 each leg]



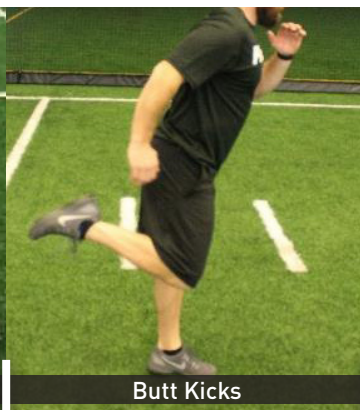
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Side Lung (Groin Stretch)

- (30 yds. or 10 each leg)



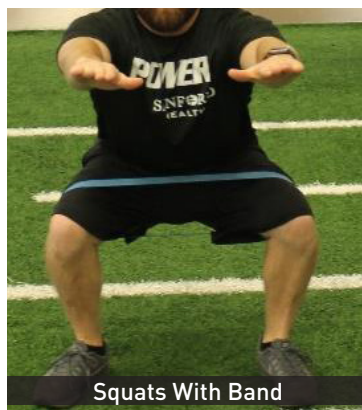
Butt Kicks

- (30 yds.)



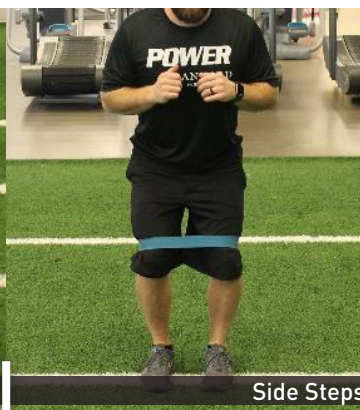
High Skips

- (30 yds. or 10 each leg) Skip with high knees going above the hips and bring the leg down fast towards the midline of the body.



Squats With Band

- (10x) Attach a band around the knees and do a squat focusing on keeping the knees out and proper form.



Side Steps With Band

- (20x each side)

