

Dynamic WARM-UP STRETCHES



JUMPING JACKS

There's a reason this is the classic warm-up activity. Focus on your stance with feet jumping out to shoulder width each time.



HIGH KNEES

From standing, lift knees one at a time so your thigh is parallel to the ground. Repeat at a quick pace.



BUTT KICKS

From standing, begin to jog in place. Emphasize the back stride, bringing your heel close to your butt. Repeat at a quick pace.



LATERAL SHUFFLE

From standing, bend knees slightly, extend arms, bending elbows to 90-degrees. Taking wide steps, shuffle to the right then to the left. Repeat at a quick pace.



FORWARD LUNGE

From standing, step forward with one foot. Shift weight to front foot, lowering your body. Return to start position and repeat with other leg.



LATERAL LUNGE

From standing, step out to the side with one foot, shift weight to that foot and lower body at a quick pace.



ARM CIRCLES

While standing, hold both arms straight out to your sides. Start with small circular motions and gradually make larger circles.



WALKING LEG RAISE

While standing, walk forward, kicking one foot up as high as you can. Repeat quickly, alternating legs and focusing on form.



THORACIC ROTATION

While standing, hold arms, palms together, rotating them to your right side, then to your left side. Focus on activating and stretching the back muscles.

Aquacare's expert physical therapy teams can help you prevent and recover from injuries.

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