

## Dynamic Stretch Routine

-Each exercise is a roll up on toes

-Alternate legs both there/back

-10 reps each way

1. Knee Pull: Hands at the top of the tibia
2. Quad Pull: Hands at ankle, not foot, raise arm
3. Shin Cradle: Hands at the top/bottom of shin
4. Hamstring Scoop: Toes up, straight legs
5. Adductor Stretch: Pivot each step
6. Promposals: Extend the iliopsoas on one side at a time
7. World's Greatest: Elbow to ankle then to rotate
8. Inchworms