

# DYNAMIC WARM UP



## HEEL WALKING

Raise up your toes and walk on your heels.

Take few steps forward and then a few steps backwards.

Distance: 20 ft.  
Sets: 2-4 Times



## TOE WALKING

Raise up your heels and walk on your toes.

Take few steps forward and then a few steps backwards.

Distance: 20 ft.  
Sets: 2-4 Times



## HAMSTRING STRETCH / FRANKENSTEIN

While walking with your arms stretched out in front of you, raise up a leg while maintaining a straight knee. Alternate to the other side as you continue the walking pattern.

Distance: 20 ft.  
Sets: 2-4 Times



## HIP CIRCLES

**First**, bring your knee up parallel to the ground in front of you, then swing it out to the side (“opening gate”). Take a step and repeat with other leg.

**Next**, bring your knee out to the side, then swing back to center (“closing gate”). Take a step and repeat with other leg.

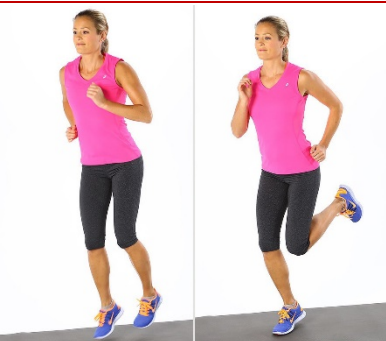
Distance: 20 ft.  
Sets: 2-4 Times



## WALKING HIP FLEXOR STRETCH

Step forward into a lunge position. Pull the opposite arm of the leg that stepped forward across your chest. Alternate to the other side as you continue the walking pattern.

Distance: 20 ft.  
Sets: 2-4 Times



## BUTT KICKERS

While walking or at a slight jog kick your heel back towards your butt.

Distance: 20 ft.  
Sets: 2-4 Times



## GRAPEVINE/ KARAOKE

Move sideways while crossing your leg in front of the other. Then repeat by crossing your leg behind.

Distance: 20 ft.  
Sets: 2-4 Times



## HIGH KNEES

While walking or at a slight jog thrust your knee up towards your chest.

Distance: 20 ft.  
Sets: 2-4 Times

This dynamic warmup should be performed before running and should only take 5-10 minutes.

Pick your favorite static stretches (on the next page) to do after running or on active rest days. These should take around 10 minutes.



# STATIC STRETCHING



## CALF STRETCH

Start by standing in front of a wall. Step forward with one foot and keep toes on both feet pointed forward. **First** keep the back behind straight. **Next**, keep the leg behind you with a bent knee.

Hold: 30 sec.  
Repeat: 2-4 Times



## HAMSTRING STRETCH

Sit with one leg in front (knee straight). Sit up tall and pivot at the hips as you reach towards the outstretched foot with the opposite hand to the leg that is straight. Hold that position.

Hold: 30 sec.  
Repeat: 2-4 Times



## KNEELING HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of your other hip

Hold: 30 sec.  
Repeat: 2-4 Times



## QUAD STRETCH

While in a standing position, bend your knee back behind and hold your ankle/foot. Pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Hold: 30 sec.  
Repeat: 2-4 Times



## ADDUCTOR STRETCH

Start in a standing position and feet spread apart. Slowly bend knee to allow for a stretch of the opposite leg. Maintain a straight knee on the target leg the entire time.

Hold: 30 sec.  
Repeat: 2-4 Times



## FIGURE 4 STRETCH

Lay on your back. Bend your knees bringing your feet toward your gluts. Cross one foot over one knee. Raise knee that has foot placed over it up to a 90 degree angle. Pull knee towards your chest for a greater stretch.

Hold: 30 sec.  
Repeat: 2-4 Times



## PEC STRETCH

Start by having the affected arm flush against the side of the wall. Slowly begin to lean forward.

Hold: 30 sec.  
Repeat: 2-4 Times



## BUTTERFLY STRETCH

While sitting, bend your knees and place the bottom of your feet together.

Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.

Hold: 30 sec.  
Repeat: 2-4 Times



## HIP FLEXOR STRETCH

Take a step forward with one leg, then shift your body weight forward until you feel a stretch in the front of your other hip.

Hold: 30 sec.  
Repeat: 2-4 Times

Please contact us with any questions or for a complimentary musculoskeletal screen

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