

A simple black line-art icon of a person standing with one arm raised, positioned to the left of the title.

# Dynamic Stretches Guide

Dynamic stretches are one element of a proper warm-up and are important for safe, optimal sport performance. Unlike traditional/static stretches, dynamic stretches consist of active, controlled movements that take body parts through a full range of motion.

Stretching should be performed after the aerobic activity when the body is warm and the heart rate is higher. Regardless of the sport, the following dynamic stretches are recommended as a part of your warm-up routine.

There are 13 different dynamic stretches described below that target major muscles of the upper and lower body, and core. If you do not have time to do all of the stretches before a practice or game, then select a few that focus on different muscles that are used when performing your sport. **Try to do about 15-20 repetitions of each exercise.**

# HIGH KNEES

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Walk or jog while raising your bent knee up to the level of your hip or higher.
- Quickly alternate legs. Keep arms bent at the elbows and swinging back to front.
- Start slowly with a walk/march and then speed up to a jog or run.
- This exercise can be done in place or while moving around an activity space.

# BUTT KICKS

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Walk or jog while kicking your heels up to touch or nearly touch your glutes.
- Quickly alternate legs. Keep arms bent at the elbows and swinging back to front.
- Start slowly with a walk and then speed up to a jog or run.
- This exercise can be done in place or while moving around an activity space.

# WALKING HIGH KICKS

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- With a tall posture and straight back, walk forward and kick one leg out in front as high as you can.
- Keep arms out to your sides or in front, whichever is better to keep your balance.
- Switch sides and kick the other leg in front of you.
- Continue to alternate legs as you walk forward.

# LATERAL LUNGES

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Start in a standing position with your feet slightly apart. Keep both feet pointing forward and flat with heels on the ground.
- Take a large step out to one side. Lower into a side lunge by bending your knee and keeping the other leg straight.
- Reach both hands down toward the foot of the bent leg.
- Return to standing and repeat the lunge on the other side while facing the same direction.

# FORWARD LEG SWINGS

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Start in a standing position with your arms out to the sides for balance, or hold onto something stable (e.g., wall, chair, fence) with one hand.
- Swing/raise one leg out in front and then swing it back behind you. Try to keep the swinging leg straight.
- Repeat the exercises with the other leg. If holding on for balance, then switch hands.

# LATERAL LEG SWINGS

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Start in a standing position and hold onto something stable (e.g., wall, chair, fence) lightly with both hands.
- Swing/raise one leg out to the side with your foot flexed and then swing that same leg across your body in front of the standing leg.
- Repeat the exercises with the other leg.

# HEEL WALKS

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Start in a standing position.
- Shift your weight back onto your heels.
- Lift your toes off the ground.
- Stay on your heels and walk forward for 15 - 20 steps.



# TOE WALKS

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Start in a standing position.
- Shift your weight onto the balls of your feet.
- Raise your heels off the ground to stand on your tiptoes.
- Stay on your toes and walk forward.

# HIP CIRCLES

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Start in a standing position with your feet apart and knees slightly bent.
- Place your hands on your hips.
- Slowly rotate your hips, making big circles in one direction. Do not move your feet.
- Repeat the exercise in the other direction.

# TORSO TWISTS

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Start in a standing position with your feet apart.
- Stretch your arms out to the sides making a “T” shape.
- While keeping your arms out straight and your hips facing forward, turn your upper body and head slowly to one side, return to center, then turn to the other side.

# WINDMILL TOE TOUCHES

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Start in a standing position with your feet apart and stretch your arms out to the sides making a “T” shape.
- Reach one hand across your body and tap the outside of the opposite foot. Keep your arms and legs as straight as possible.
- Return to the upright starting position with arms out to sides.
- Reach your other hand across and tap the outside of the opposite foot.

# STANDING SIDE REACHES

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Start in a standing position with your feet apart and raise one arm up overhead. Keep your other arm straight at your side.
- Reach up and lean over to one side until you feel a stretch.
- Return to the upright starting position and then reach to your other side.

# ARM CIRCLES

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Stand tall with your arms straight down. Slowly make large circles with your arms in the forward direction.
- Repeat exercises in the backward direction.
- Perform this exercise in place or while walking.

# ARM SWINGS

## DYNAMIC STRETCHES GUIDE

### DIRECTIONS

- Start in a standing position with your feet apart and stretch your arms out to the sides making a “T” shape.
- Cross your arms in the front of the body and reach as far back as possible to touch your shoulders or back.
- Uncross your arms and return to your starting position.



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