



# B KINETIC FITNESS

Dynamic Warm-up

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## Dynamic Warm-up

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Dynamic warm-ups work through the full range of motion of each joint and muscle in a safe, controlled manner to prevent injury and improve performance. As its name suggests, it's also to warm up the muscles and get them to activate properly prior to a workout.

When performing static stretches before a workout, you'll hold the stretch for only 10 seconds at a time in order to loosen up the muscle a bit (but not too much as to affect performance) and to inhibit the response of specific muscles that are overactive so that they don't take over for weaker muscles that need the work. This helps to correct and prevent muscle imbalances that could lead to pain or injury. The particular stretches in this warm-up are chosen to coincide with the muscles that are typically tight and overactive due to our sedentary lifestyles and jobs, namely, the hip flexors, hamstrings, and chest muscles.

### Glute Bridge with 3-second hold x 10

Squeeze those glutes! Avoid hyperextending the low back.



## Fire Hydrant x 15 each side



## ½-Kneeling Hip Flexor/Quad Stretch x 10 seconds x 2-3 each side

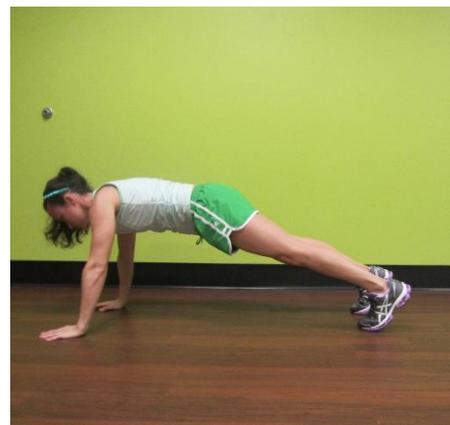


Try to keep the pelvis in a neutral position and squeeze the glutes as you push your hips forward slightly. Avoid hyperextending the low back.

If flexibility or pain doesn't allow you to grab your foot, just keep it on the floor.

## Inchworm x 5-10 (stand up in between reps)

Get a gentle stretch in the hamstrings and walk your hands out until you get into a push-up position, with hands either below shoulders or even a little in front for an extra challenge to the core. Walk hands back to feet and stand up. Bend knees if necessary.



## Prisoner Squats x 10-15

Squat down as far as what's comfortable. Keep chest up and spine neutral (try not to tuck pelvis under as you drop down).



## Walking Lunges x 20 total

Engage the core (bracing the abs and tightening the glutes), keeping an upright posture. Aim for a 90-degree angle in both legs when lowering down.



## Arm Hugs x 10-15

Get a good stretch throughout the chest, alternating arm on top.



## Scap Slide x 10

Standing against a wall, keep shoulder blades, arms, and hands in contact with the wall as you slide your arms up and down.



## Leg Swings x 10 each leg

Swing your leg from the hip. Keep your torso upright and engage the core.



## I / Y / T / W x 10 each

You can do these in a standing, bent-over position also.

### Is – Arms next to ears



### Ys – Arms at a 45 degree angle



**Ts** – Arms perpendicular to body and straight out to the side. Squeeze the shoulder blades together at the top of the movement.



**Ws** – Elbows bent, bring arms up and externally rotate. Squeeze the shoulder blades together at the top of the movement.

