

# BODY

## DYNAMIC WARM-UP

**SANFORD**  
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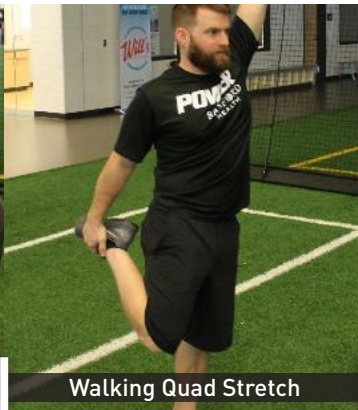
### DYNAMIC WARM-UP

- Is a series of dynamic movements to increase blood flow and to better prepare the muscles and joints for exercise specific to running.
- This warm-up should be done prior to running. Go through each exercise 1 time.



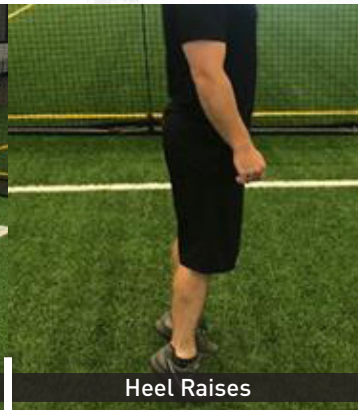
**Hamstring Kick**

- [30 yds. or 10 kicks each leg]  
 Walking forward keep the leg straight and kick it straight out in front of the body.



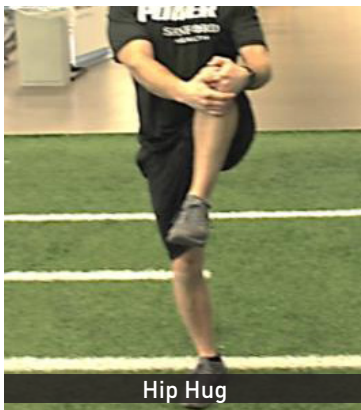
**Walking Quad Stretch**

- [30 yds. or 10 kicks each leg]  
 Walking forward gently pull the heel up to the butt. 20 yds. or 10 each leg.



**Heel Raises**

- [20x]

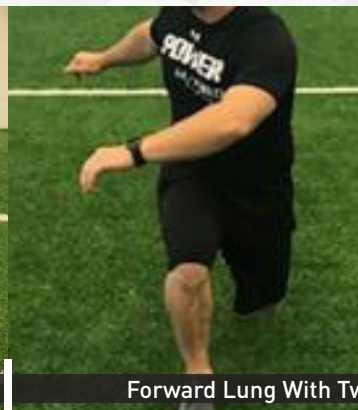


**Hip Hug**

- [30 yds. or 10 kicks each leg] Walking forward keep the leg straight and kick it straight out in front of the body.

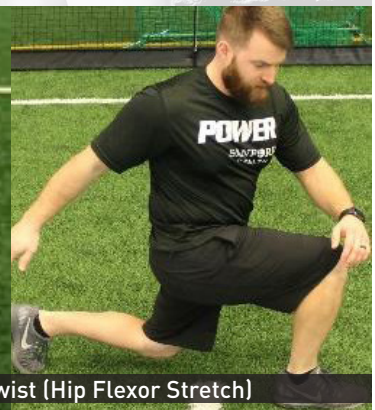


**Hip Cradle**



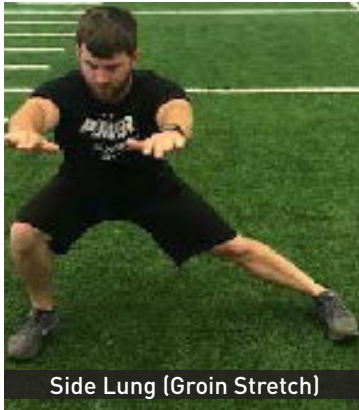
**Forward Lunge With Twist (Hip Flexor Stretch)**

- [30 yds. or 10 each leg]

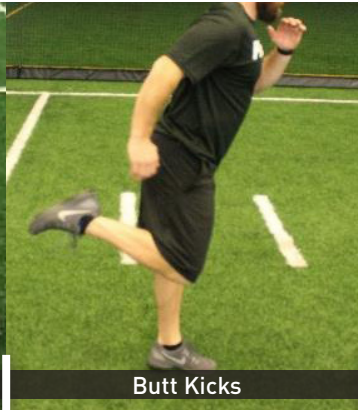




**DYNAMIC WARM-UP**



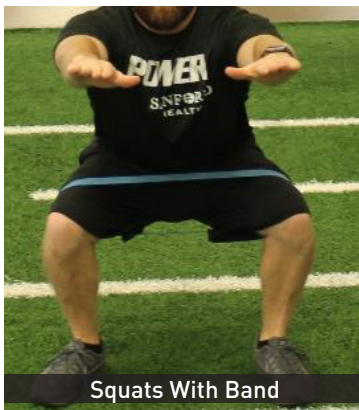
- (30 yds. or 10 each leg)



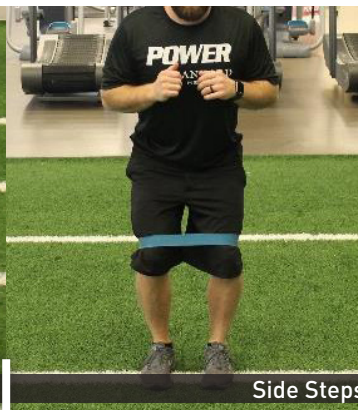
- (30 yds.)



- (30 yds. or 10 each leg) Skip with high knees going above the hips and bring the leg down fast towards the midline of the body.



- (10x) Attach a band around the knees and do a squat focusing on keeping the knees out and proper form.



- (20x each side)