

Dynamic Mobility Routine

Warm-Up Duration: Approximately 15 minutes

Equipment Needed: None

Instructions:

1. Fast Walk (3 minutes)

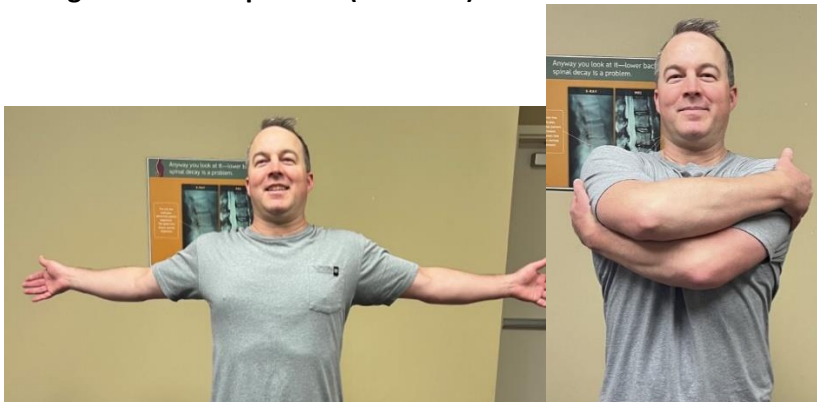
Start with a fast walk to get the heart rate up and increase blood flow to the muscles.

2. Arm Circles (2 minutes)



Stand with your arms by your sides and make circles with your arms. After 30 seconds, reverse the direction.

3. Hug into Chest Expansion (1 minute)



Stand with your arms extended by your sides and bring them towards you in a hugging motion.

4. Leg Swings (2 sets of 10 swings each leg)



Hold onto a stable surface (like a chair) and swing one leg forward and backward, then side to side. Repeat with the other leg.

5. Hip Circles (1 minute)



Hold onto a stable surface (like a chair) and make circles with your hips, first clockwise, then counterclockwise.

6. High Knees (1 minute)



Stand in place and lift your knees as high as possible with each step.

7. Butt Kicks (1 minute)



Stand in place, kick your heels up slowly towards your glutes as far as you can go.

8. Body Weight Squats (2 sets of 10 squats)



Hold onto a stable surface and slowly go down into a squat position.

9. Lunge Torso Twist (2 sets of 10 lunges)



Take a step forward into a lunge position. Turn your torso towards the side of the front leg. Push back to the starting position and switch legs.

Remember to perform these dynamic stretches/exercises in a controlled manner, and if any movement causes pain or discomfort, stop immediately.