

Additional Dynamic Stretches

Swinging toe touches

Lunge and twist

Cat Cow

Thoracic Rotations

Neck circles

Arm circles against wall

Shoulder rotational stretch with a pipe or broomstick

Scorpion

Inch Worm

High plank with kick through

Fire hydrate hip circles

Laying down leg to opposite hand crossovers

Page turns

A/B/C Skips

Karaoke

Abductor and Adductor side step

Bear walk

High knees

Additional Static Stretches

Forward fold

Child's pose

Pigeon

Cross body shoulder stretch

Quad pulls

Overhead tricep pulls

Calf stretch

Laying down knee(s) to chest

Sitting down elbow to knee lumbar rotation

Stomach down chest stretch w/ rotation