

TIMING & STRETCHING



STATIC STRETCHING

Static stretching consists of stationary stretching movements and exercises. This consists of holding a single position for an allotted amount of time, usually 15-30 seconds each movement and done AFTER exercise.

Here are some quick stretches that you can do:

- Toe touches
- Frog Stretch
- Wide Stance Toe Touches
- Arms Across Body
- Lying Down T-Spine Stretch



DYNAMIC STRETCHING

Dynamic stretching should be used as a warm-up before any sort of exercise. Dynamic stretching is the act of doing dynamic or athletic movements in order to prepare for activity. These movements are similar to ones that are done in sports. The time frame for these should be anywhere between 30-45 seconds. These should be done BEFORE exercise.

Here are some quick exercises to do:

- High Knees
- Jumping Jacks
- Butt Kick
- Arm Circles
- Jogging

