Gazelle Sports

Dynamic Flexibility and Mobility

Dynamic movements are the best way to prepare your body for dynamic workouts. Contrary to old beliefs, the best time to work on static flexibility is at the end of your workout, and not in the beginning. After every workout you should follow a 4-6 minute total body static stretching series.

The following dynamic stretches will help develop you flexibility, balance, coordination, mobility and strength.

Walking High Knees
Purpose: to flex the hips and shoulders, and stretch the glutes, quads, lower back and shoulders.

Procedure:
1. Take an exaggerate high step, driving your knee as high as possible and simultaneously push up on the toes of your opposite foot.
2. Use the proper arm swing; 90° angle at the elbow s, hands sing up to chin level and back beyond rear pocket.

Key Points:
1. Drive your knees up as high as possible.

Variation:
1. High knees pull: Same as above, but grab your knee and pull it up and in with each stride.

Arm Swings
Purpose: to relax and loosen the arms, upper and lower back.

Procedure:
1. Stand tall, feet slightly wider than shoulder width apart, with knees slightly bent.
2. Hold arms out to the side.
3. Slowly swing arms back and forth across the front of your body.
4. Repeat this continuous motion for a minimum of 30 seconds.

Key Points:
1. Keep back straight at all times.

Variation:
1. Overhead/down and back – swing both arms continuously to an overhead position and then forward, down and backwards.

Side Bends
Purpose: Wakes up the breathing muscles in the front and side of the chest and releases tension in the shoulders.

Procedure:

1. Stand tall with good posture, feet slightly wider than shoulder width apart, knees slight bent with hands resting on hips.
2. Lift your trunk up and away from your hips and bend smoothly first to one side, then the other, avoiding the tendency to lean either forwards or backwards.
3. Repeat the whole sequence sixteen times with a slow rhythm, breathing out as you bend to the side, and in as you return to the center.

Key Points:

1. Always try to avoid leaning forwards or backwards, stay centered.

Variation:

1. Place a toning bar on your shoulders and do same motion as above.

Trunk Rotations

Purpose: to strengthen the lower back and increase flexibility

Procedure:

1. Stand with a shoulder width stance. Place hands on hips.
2. With knees slightly bent, turn from side to side keeping feet firmly on the floor.
3. Complete a total of 15-20 swings.

Key Points:

1. Keep abdominals tight and have back upright and good posture.

Variation:

1. Can do joint rotations with fingers, wrist, elbows, shoulders, neck, trunk and shoulder blades, hips, knees, ankles, feet and toes.

Leg Swings

Purpose: to help with hip mobility which will increase correct technique

Procedure:

1. Start by standing with your feet standing width apart.
2. Keeping your upper body perpendicular to the ground swing one leg forward and backward.
3. Do not swing your leg so hard that you cannot keep your upper body from moving.
4. Repeat for 10 full swings and repeat on the other leg.

Key Points:

1. Have good posture otherwise the swinging could strain the back.
2. Use at least one hand to balance by resting it on a wall.

Variations:

1. Leaning slightly forward with both hands on a wall and swing one leg at a time across the front of your body. This works on the abductors and adductors.

Scorpion Stretch

Purpose: to promote hip flexor, quadriceps, as well as back extensor flexibility

Procedure:

1. Lie face down on the floor. Stretch out your arms, palms facing down on the floor to create a straight line with the shoulders.
2. Raise your left leg and bring the heel all the way to the opposite side of the lower back.
3. Then bring the leg back to starting position and repeat with the other side. Do 10 on each side.

Key Points:

1. You should feel the stretch in your lower back as well as in your thighs.
2. Make sure you don't overstrain or injure yourself.

Variations:

4. Hold the same leg around the ankle with your left hand and pull the heel towards your gluteus maximus.