

## **Dynamic Stretching**

### **What is Dynamic Stretching?**

This style of stretching enhances speed, agility, and acceleration by actively engaging muscles and guiding joints through their complete range of motion. These dynamic stretches consist of functional, sport-specific movements that effectively raise muscle temperature and reduce stiffness.

It is recommended to include dynamic stretches as an integral part of your warm-up routine before engaging in any athletic activity, be it competitive or casual. A well-rounded athletic warm-up typically involves 5 to 10 minutes of low- to moderate-intensity activities like swimming, jogging, or cycling, followed by the incorporation of dynamic stretching exercises.

### **Why do Dynamic Stretching?**

Dynamic exercises actively mobilize your muscles and joints, taking them through an extensive range of motion. These stretches are characterized by continuous movement, effectively priming your body for upcoming physical activity.

By incorporating dynamic exercises into your warm-up routine, you not only enhance performance but also reduce the risk of injuries. These exercises promote improved blood flow to the muscles, contributing to increased flexibility and readiness. When selecting dynamic stretches, opt for those that closely mimic the specific activity you are about to engage in. This tailored approach ensures a more targeted and effective warm-up.

### **Benefits of Dynamic Stretching**

Dynamic stretching offers significant benefits, serving as an excellent full-body warm-up before engaging in intense activities such as sports or weightlifting.

- Full Body Warm Up
- Improves Kinesthetic Awareness
- Improves Flexibility

### **How to do Dynamic Stretching**

Dynamic stretches indeed provide an effective warm-up before exercising. A sample dynamic stretching routine may include the following moves:

### Hip circles

1. Stand on one leg, holding on to a countertop or wall for support.
2. Gently swing your other leg in small circles out to the side.
3. Perform 20 circles then switch legs.
4. Work up to larger circles as you become more flexible.



### Lunge With a Twist

1. Lunge forward with your right leg, keeping your knee directly over your ankle and not extending it farther than your ankle.
2. Reach overhead with your left arm and bend your torso toward the right side.
3. Bring your right leg back to return to an upright standing position. Lunge forward with your left leg.
4. Repeat five times on each leg.



### Arm Circles

1. Stand with feet shoulder-width apart and hold arms out to the side at shoulder height.
2. Circle around your arms slowly, starting with small circles, working up to larger circles. Perform 20 circles.
3. Reverse direction of the circles and perform 20 more.



### **References:**

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