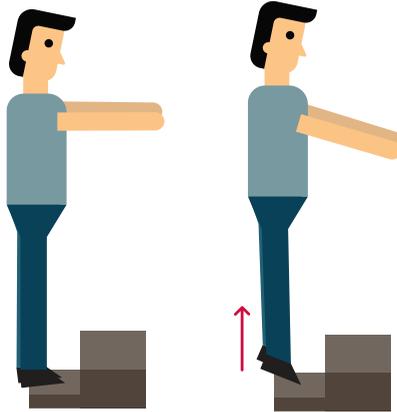


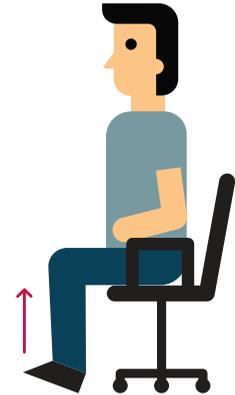
Dynamic Movement Exercises



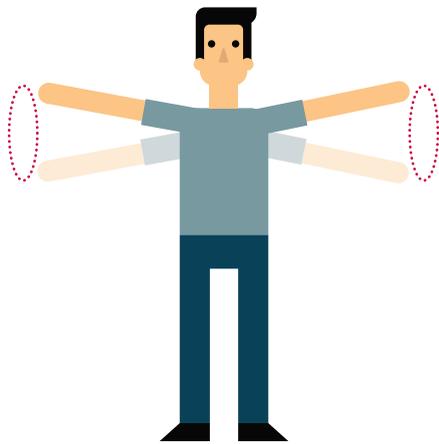
Hip flexion happens every time you step, squat, sit and revolve on a bike. Basically when the knee comes toward the chest. Try to hip flex and leg extend for 30 seconds each leg. In other words, hike your knee up and kick your leg out in a controlled fashion.



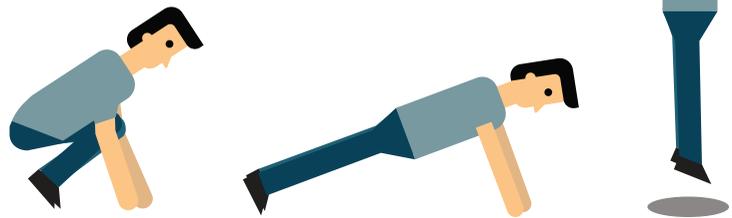
Calf raise or "tippy-toe" as high as you can. Aim for 30 seconds slow. 30 seconds fast.



Dorsiflexion is when you lift up your toes toward your shin. Try a standing dorsiflexion with both feet. Aim for 30 seconds slow. Followed by another 30 seconds fast. If possible, double the speed and tempo on the 2nd set of 30 seconds.



Arm circle – stand up and extend arms straight out by the sides. Slowly start to make small circles about 1 foot in diameter with each outstretched arm. Continue the circular motion of the outstretched arm for about 30 seconds forward followed by 30 seconds reverse.



Burpees - Also known as a squat thrust, is a full body exercise used in strength training and as an aerobic exercise. The basic movement is performed in four steps and known as a "four-count burpee":

- Begin in a standing position.
- Move into a squat position with your hands on the ground. (count 1)
- Kick your feet back into a plank position, while keeping your arms extended. (count 2)
- Immediately return your feet into squat position. (count 3)
- Stand up from the squat position (count 4)