



**#PEPfast Dynamic
Flexibility Preparation:**



1.) Body Fold

- ✓ Improves spinal flexibility



2.) Cat Cow

- ✓ Improves spinal flexibility
- ✓ Stretches the muscles of the hips, back, abdomen and chest

3.) Quadruped Thoracic Spine Rotation

- ✓ The thoracic spine should be able to bend, flex, extend and rotate to varying degrees



4.) Plank Pike

- ✓ Stability and mobility in the spine, shoulders and hip region

5.) Straight Arm Plank Pike

- ✓ Stability and mobility in the spine, shoulders and hip region along with calf muscle



6.) Calf March

- ✓ Mobility in the ankle, calf and hamstring

7.) Straight Arm Pike with Single Leg Kick

- ✓ Hamstring, heel and calf stretch



8.) Child Pose and Cobra with Side Reach

- ✓ Child's pose stretches the lower back, shoulders, hips and ankles
- ✓ Cobra stretches muscles in the shoulders, chest and abdominals

9.) Hip Rock Series

- ✓ Lateral rock front to back dynamically stretches the groin and hamstring
- ✓ Lateral toe rotation improves mobility in the hip & groin area, ball and socket
- ✓ Front toe rotation improves hip mobility in the hip and groin area
- ✓ Front hip hinge dynamic hamstring stretch

10.) Tactical Frog with Internal Hip Rotation

- ✓ Mobilizes hip capsules, adductors, and hamstrings as well as internal active rotation of the hips

11.) Forward & Backwards Leg Circles

- ✓ Mobilizes hip capsules and involves core and torso control

12.) Half Knee and Straight leg Raises

- ✓ Hip control, activation and strength

13.) Straight Leg Backward Sweeps

- ✓ Hip and QL stretch

14.) Side Plank Reach Overs

- ✓ Dynamic hip and latissimus dorsi stretch

15.) Side Plank Straight Leg Raises

- ✓ Core activation and glute recruitment/activation

16.) Glute Pump Prone Scorpion

- ✓ Glute activation, hip flexor stretch, back and spinal flexibility



17.) Straight Leg Raises to Iron Cross

- ✓ Dynamic Hamstring and low back stretch

18.) Ballistic hamstring kick and pull

- ✓ High hamstring stretch

19.) Lying Forward and Backward Leg Circles

- ✓ Hip mobility and control

20.) Lying Ballistic Hip Pulls

- ✓ Dynamic piriformis and hip region stretch

21.) Lying Dynamic Straight Leg Raises

- ✓ Activates and increases hamstring mobility/flexibility

22.) Side Lying Leg Raise (Top and Bottom Leg)

- ✓ Activates glutes, adductors and hip region

23.) Dynamic 90/90 Pluses

- ✓ Stretches glute/piriformis, QL, quadratus lumborum

24.) Knee Fall Ins

- ✓ Outside hip region stretch

25.) Roll Back and Reach

- ✓ Improves spinal flexibility, also dynamic groin and hamstring mobility

26.) Hamstring Dynamic Hurdler

- ✓ Dynamic hamstring stretch

