

## **LOWER BODY DYNAMIC STRETCHING**

In the dynamic stretching there is a movement of the joints while we are doing the stretching. It does not have any bounce or abrupt movement. This type of stretching is always done under control and with a moderate speed (Arredondo-Saldaña, n.d.).

One of the benefits of the dynamic stretching compared with the static stretching is that the first one prepares your muscles for the movement. Athletes are very interested in this fact because when they are going to play any sport, their upper and lower body joints are going to be moved, so it is more interesting performing stretching with movement than without it.

This type of stretching is very useful for runners, because the following exercises are focused in the lower body muscles which are the main ones used while going running. Any athlete can use this stretching for any sport too, it does not matter if leg muscles are not the principal ones that are used in one sport, it is always beneficial.

And now I am going to show you 5 basic exercises for the lower body dynamic stretching. Remember that you have to perform 10 reps for each exercise and with both legs.

### **Exercise 1. Gluteus**



### **Exercise 2. Psoas**



**Exercise 3. Hamstring**



**Exercise 4. Ankle**



**Exercise 5. Adductor**

