

## UPPER BODY DYNAMIC STRETCHING

The technique of dynamic stretching (Dynamic Range of Motion) is a method of which popularity as a way to increase the muscular flexibility, has experienced a high rise in the last years. It is very important because it is essential that a limb was able to move through a non-restricted range of motion. (M. D. Sánchez , B. de la Cruz , J. Algaba, 2012).

The muscle elongation is allowed by the contraction of the antagonist muscles and the consequent joint movement through the entire range of motion allowed, slowly and controlled (M. D. Sánchez , B. de la Cruz , J. Algaba, 2012).

The activation of the antagonist muscles to the stretching causes the elongation of the agonistic muscles through the reciprocal inhibition (M. D. Sánchez , B. de la Cruz , J. Algaba, 2012).

This kind of stretching has several advantages; one of them is that it can increase the temperature due to the muscular work; and the nerves impulses speed transmission. The other one is that doing dynamic stretching after training increases the arrival of blood to the muscle, and that allows eliminating more lactate and reduce the muscle pain (M. D. Sánchez , B. de la Cruz , J. Algaba, 2012).

Now, I am going to show you several exercises for the upper body dynamic stretching in order to be able to do them at home. You have to do 10 reps for each exercise.

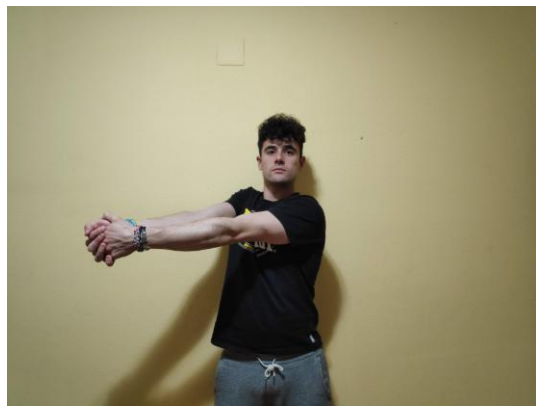
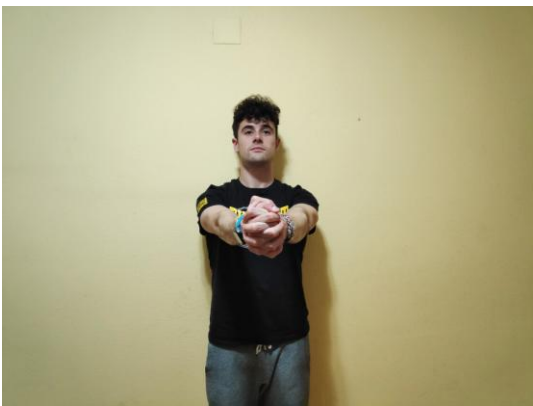
### Exercise 1



Exercise 2



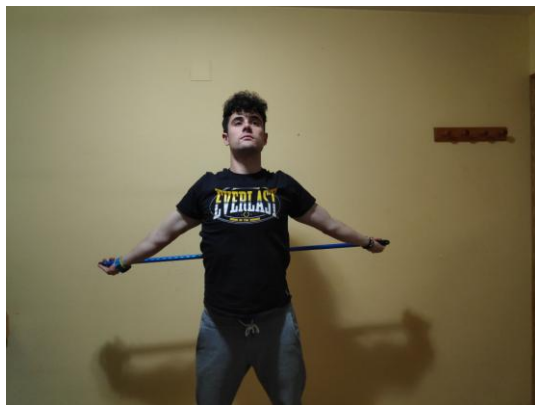
Exercise 3



Exercise 4



Exercise 5



### Exercise 6



### Exercise 7



### **References:**

M. D. Sánchez , B. de la Cruz , J. Algaba, M. Á. L. d y J. N. (2012). Medicina del Deporte. *Rev. Andal. Med Deporte*, 5(2), 53–56. [https://doi.org/10.1016/S1888-7546\(14\)70058-9](https://doi.org/10.1016/S1888-7546(14)70058-9)