

WHAT IS DYNAMIC STRETCHING?



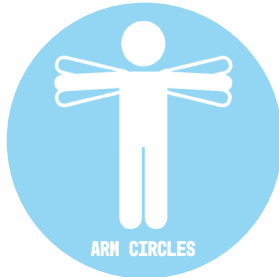
Dynamic stretching is movement-based. It is often used as a 5 to 10 minute warm-up before physical activity.

During dynamic stretching, your body increases its heart rate, body temperature, and respiratory rate.

Try each of the dynamic stretches below for 1 minute. See how you feel after!

Benefits of Dynamic Stretching:

- Enhanced performance
- Reduced risk of injury
- Improved reaction time
- Allows time to set a goal for the day



WHAT IS STATIC STRETCHING?



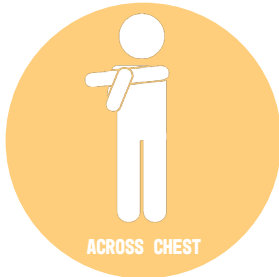
Static stretching is stretching and holding that position. It is often used as a 5 to 10 minute cool down after physical activity.

During static stretching, your body returns its heart rate, body temperature and respiratory rate to resting levels.

Try each of the static stretches below for 1 minute. See how you feel after!

Benefits of Static Stretching:

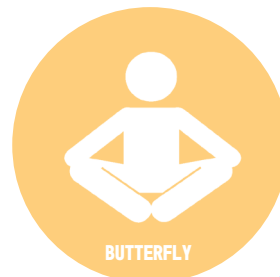
- Elimination of lactic acid
- Prevention of muscle soreness
- Gradual return to resting levels
- Allows time to reflect on what you accomplished



ACROSS CHEST



CHILD'S POSE



BUTTERFLY



CAT/COW POSE



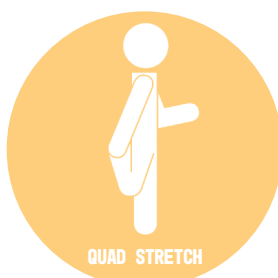
TRICEP STRETCH



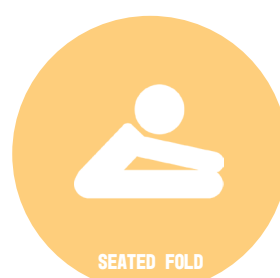
COBRA POSE



DOWN DOG POSE



QUAD STRETCH



SEATED FOLD