

Dynamic stretches

This routine will help you limber up for any sport and can serve as a warm-up. To see the complete sequence, go to www.health.harvard.edu/dynamic-stretches.



1. Shoulder rolls

Stand up straight with your feet hip-width apart and arms at your sides. Roll your shoulders up, back, and down. Your thumbs point forward as you start the move. Palms point forward, elbows slightly bent, as you finish each shoulder roll.



2. Overhead reach

Stand up straight with your feet hip-width apart. Reach toward the ceiling with your right arm, while shifting your weight from your right foot to your left foot and tapping the toes of the right foot. Repeat on the left.



3. Torso rotation with a reach

Stand up straight with your feet hip-width apart. Reach toward the left wall with your right arm and then the right wall with your left arm, while shifting your weight with each change of direction. Tap your toes with each shift.



4. Hamstring curls

Stand up straight with your feet hip-width apart. Alternately bring your right foot, then your left foot, toward your buttocks. Press your arms backward as you do so.



5. Shallow side lunges

Stand up straight with your feet in a wide stance, toes pointing forward. Alternate shallow side lunges to the right and the left, hinging forward at the hip and bringing both hands to your upper thigh on the lunge.



6. Knee lifts

Stand up straight, bringing your feet together. Lift your right knee and then your left knee, touching both hands to the knee being lifted. For a more challenging dynamic stretch, lift your knee high enough to grasp the top of your shin with your hands and pull your leg gently in toward your body, then release it.



7. Arm sweeps

Stand up straight with your feet together. As you inhale, sweep your arms out to the sides and up toward the ceiling. As you exhale, sweep your arms down to your sides.