Exercise of The Month - Dynamic Stretches

Routine By Paul Peroy.
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Stretching excities your central nervous system, increases blood flow and strength and power production. For more information about the benefits of stretching ensure you read our article "Stretching - Why It's So Important".

1) Squat: Heels under hips Toes slightly turned out. Squat down, butt back and down. Knee's in line with your 2nd & 3rd Toes.

2) Scorpion: Laying on your tummy, forearms on the floor beside you. Toes hip width apart. Rotating the lower torso so that you tap the toe over to the side keeping your forearms on the floor. Repeat on other side after whole set.

3) Rotating lung: Lunge forward Arms forward like your one of Charlie's Angels about to shoot in front. Rotate the torso over the knee (shooting a villain on the side). Alternate legs.

4) Lunge to Knee lift: Lunge back knee in line with toes but not past ankle, then lift the back knee up in front to hip height. Repeat on other side after the whole set.

5) Iron Cross: Lay flat on your back. Elbows and shoulder blades glues to the floor. Heels are hip width apart. Take your foot over your body & tap your toe on the floor trying to keep your elbows & shoulder blades on the floor.

6) Rotating Pushup; Into a push up position you go. Hands under your shoulders, hips low so they are in line with your body (no butts in the air). Lift your arm up to the sky rolling onto the side of your foot the repeat to the other side. You can do it on your knee's to make it easier just keep your knees stacked while rotating.

Disclaimer: As with any type of physical activity, it is advised you warm up for 5 minutes before commencing exercise, followed by 5 minutes of stretching upon completion. These exercises are designed as a basic guide and professional consultations should be taken before commencing any exercise.