5 movements in 5 minutes

We have created a quick but efficient dynamic stretching routine so Rapid athletes can be prepared to hit the field, court or cage ready to go and decrease the likelihood of an injury. Please follow the instructions below and if you have any questions please contact your primary trainer at Rapid Sports Performance or Matt McDuffie at 770-262-4467 or Matt.McDuffie@go-rapid.com

The following dynamic warm-up can be done in place or over 10 yards

1: **Standing Quadriceps and Hip Flexor Stretch**

- Stand on your right leg staying tall from head to heel
- Grab your left foot with your left hand
- Pull your left heel towards your left glute squeezing your left glute
- Maintain tall posture keeping core engaged
- Hold for 2 seconds, you should feel a stretch in the quadriceps and hip flexor of the up leg
- Repeat on other leg and 5 times each leg
2: **Elbow to Instep Lunge with Rotation**

- Lunge forward far enough so that the trail leg is straight
- Squeeze glute of trail leg, hold for 2 seconds
- Reach back and up with the same arm as forward leg, hold 2 seconds
- Stand up and repeat on other side or crawl forward and switch legs
- Perform 3-5 each leg

3: **Lateral Lunge**

- Lunge toward your right side sitting back with your hips and bending at the knee
- Keep left leg straight feeling a stretch in your left groin and adductors
- Maintain a flat neutral back and don't drop hips below parallel
- Repeat each side 3-5 times
4: **Single leg RDL**

- Stand on one leg keeping knee slightly bent
- Reach back and up slightly with other leg while hinging through the hip of the down leg
- Keep chest above hips throughout movement
- Make a ‘T’ with your arms pointing thumbs back while squeezing shoulder blades together
- Hold 2 seconds feeling a stretch in the hamstring and glute of the down leg
- Repeat 3-5 times per leg
5: **Half Kneeling Hip Flexor Stretch with Reach**

- Take a knee while maintaining a tall posture from head to knee of down leg
- Keep core engaged and squeeze glute of down leg
- Reach as high as you can with the arm on same side as down leg
- Hold for 2 seconds feeling a stretch in the hip flexor of your down leg
- Make sure to keep your heel of the forward leg down and foot under knee
- Repeat 3-5 times each side