

ABC JUNIORS DYNAMIC STRETCHING

Neck Mobility

- **Flexion/Extension** – Tuck your chin into your chest, then lift your chin upward as far as possible. 6–10 repetitions.
- **Lateral Flexion** – Lower your left ear toward your left shoulder and then your right ear to your right shoulder. 6–10 repetitions.
- **Rotation** – Turn your chin laterally toward your left shoulder and then rotate it toward your right shoulder. 6–10 repetitions.

Shoulders

- **Shoulder Circles** – Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Raise your right shoulder towards your right ear; take it backwards and down, then up again to the ear in a smooth action. Repeat 6–10 times, then switch to the other shoulder.

Arms

- **Arm Swings** – Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent. Keep the back straight at all times. Then:
 - **overhead/down and back** – Swing both arms continuously to an overhead position and then forward, down, and backwards – 6–10 repetitions
 - **side/front crossover** – Swing both arms out to your sides and then cross them in front of your chest – 6–10 repetitions.

Sides

- **Side Bends** – Stand tall with good posture, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on hips. Lift your trunk up and away from your hips and bend smoothly first to one side, then the other, avoiding the tendency to lean either forwards or backwards. Repeat the whole sequence 16 times with a slow rhythm, breathing out as you bend to the side, and in as you return to the centre.
- **Hip Circles** – With your hands on your hips and feet spread wider than your shoulders, make circles with your hips in a clockwise direction. 10–12 repetitions. Then repeat in a counter-clockwise direction.
- **Hip Twists** – Extend your arms out to your sides, then twist your torso and hips to the left, shifting your weight onto the left foot. Then, twist your torso to the right while shifting your weight to the right foot. 10–12 repetitions on each side.

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Legs

- **Half Squat** – Stand tall with good posture, holding your hands out in front of you for balance. Bend at the knees until your thighs are parallel with the floor. Keep your back long throughout the movement, and look straight ahead, making sure that your knees always point in the same direction as your toes. Once at your lowest point, fully straighten your legs to return to your starting position. Repeat the exercise 16 times with a smooth, controlled rhythm. Breathe in as you descend, and out as you rise.
- **Lunges** – Standing tall, both feet together (starting position) and keeping the back straight, lunge forward with the right leg approx 1–1.5m. The right thigh should be parallel to the ground and the right lower leg vertical. Spring back to the starting position and repeat with the left leg. 12–16 repetitions on each leg.

Leg Swings

- **Flexion/Extension** – Stand sideways on to the wall, weight on your left leg and your right hand on the wall for balance. Swing your right leg forward and backward. 10–12 repetitions on each leg.
- **Cross-body Flexion/Abduction** – Leaning slightly forward with both hands on a wall and your weight on your left leg, swing your right leg to the left in front of your body, pointing your toes upwards as your foot reaches its furthest point of motion. Then swing the right leg back to the right as far as is comfortable, again pointing your toes up as your foot reaches its final point of movement. 10–12 repetitions on each leg.

Ankle Bounce

- **Double Leg Bounce** – Leaning forward with your hands on the wall and your weight on your toes, raise and lower both heels rapidly (bounce). Each time, lift your heels 1–2 inches from the ground while maintaining ground contact with the balls of your feet. 12–16 repetitions.
- **Single Leg Bounce** – Leaning forward with your hands on a wall and all your weight on your left foot, raise the right knee forward while pushing the left heel towards the ground. Then lower the right foot to the floor while raising the left heel one or two inches. Repeat in a rapid, bouncy fashion. 12–16 repetitions on each leg.