DYNAMIC STRETCHES

Upper Body Stretches

Arm Circles
Target muscles: Deltoid muscles and rotator cuff (shoulder)
Hold your arms out to your sides at shoulder height and palm down and rotate them in small forward circles. Perform 10 forward and 10 backward circles. Then do 10 forward and 10 backward large arm circles, using the shoulder’s full range of motion. You should feel a light stretch in the shoulders as you perform the exercise.

Internal/External Rotation
Target muscle: Rotator cuff (shoulder)
Hold your arms out to your sides at shoulder height and bend the elbow 90 degrees as your fingers point up toward the sky. Using the shoulders’ full range of motion, rotate your shoul-
ders forward once and then backward once in a controlled manner. Do 10 repetitions.

Wrist Circles
Target muscles: Wrist flexors and extensors in the forearm
Hold both arms out in front of your body at shoulder length with the palms facing down. Rotate your wrists in clockwise circles, using the full range of motion to feel a slight stretch in the wrist. Perform 10 clockwise and 10 counterclockwise circles.

Wrist Flexion and Extension
Target muscles: Wrist flexors and extensors in the forearm
Hold both arms out in front of your body at shoulder length with the palms facing down. Flex your wrists by bending the hands toward the floor. Then relax them away from the body. Use the complete range of motion in the wrist. Do 10 repetitions alternating one flexion and one extension.

Lower Body Stretches

Toe and Heel Walks
Target muscles: Calf and lower leg
Walk on your toes from side to side to side; repeat while walk-
ing on your heels.

Straight-leg Swings
Target muscles: Hamstrings (back of thigh) and hips
Hold onto fence, swing one leg forward (knee straight as high as you can without discomfort or until you feel a stretch in the back of the leg). Perform 15 leg swings forward, 15 back-
ward, 15 left, and 15 right.

Alternate Toe Touch
Target muscles: Hamstrings (back of thigh) and hips
Stand with the left leg forward, while keeping the knees straight, and bend the hip to the side. Reach down toward the floor, using the full range of motion. Perform 10 repetitions of one chop to the left and one to the right.

Long Walks
Target muscles: Hip flexors (front of hip) and quadriceps (front of thigh)
Walk from side to side with extra long steps, keeping your back leg nearly straight and moving the hip forward until you feel a slight stretch at the front of the hip on the opposite side as your back leg.

Forward Hurdle Walk
Target muscles: Inner and outer thighs
Move your right leg backward, up and around to the front as if you were stepping over a hurdle that is approximately waist-
high. Walk from side to side while alternating legs.

Cross-over Hip Stretch (Grapevine)
Target muscles: Outer thighs
Facing the net, cross your left leg over your right leg and push the right hip back until you feel a slight stretch. Stand up straight and step to the right with your right leg. Continue to walk sideways by repeating the steps above. When you reach the side, move the left leg and walk back to the left, crossing over with your right leg.

Torso Stretches

Standing Trunk Rotations
Target muscles: Abdominal and lower back muscles
Stand with your feet shoulder width apart and your hands on your hips. Rotate your torso by leaning forward from the waist, then moving to the left, back and right. Do 10 repetitions. Then reverse the directions and do 10 more.

Diagonal Chops to the Knee
Target muscles: Abdominal and lower back muscles
Stand up straight with your feet shoulder width apart. Bring your left knee up and your right elbow down until your two knees touch in the middle. Stand up straight and repeat the exercise on the other side of the body. Perform 10 repetitions of one chop to the left and one to the right.

Warm-down Exercises
End with five minutes of walking, light jogging, jumping jacks or side shuffling. Mix the activities for variety. The purpose of the warm-down is to raise your body tem-
perture, ready your heart and lungs for exercising and improve overall muscle function. The goal should be to reach the point of beginning to perspire.

Before Playing
Warm-up Exercises
Begin with five minutes of walking, light jogging, jumping jacks or side shuffling. Mix the activities for variety. The purpose of the warm-up is to raise your body tem-
perture, ready your heart and lungs for exercising and improve overall muscle function. The goal should be to reach the point of beginning to perspire.
Do these stretches on both sides of the body. Hold each stretch for 15-30 seconds while you inhale and exhale slowly.

Knee/Chest Flex
In a standing position, bend one leg and grasp it with both hands behind the knee and slowly pull your leg to your chest.

Hamstring Stretch #1
Lay on your back and bend both knees. Straighten one leg and raise it. Use your hands to gently increase the stretch. Point your toes to ward your face to stretch the calf.

Hamstring Stretch #2
In a seated position, place the foot of the one leg against the inside of the knee of the other leg. Try to bring your thighs together and pull your body to the left. Hold for 15 to 30 seconds.

Spinal Twist
In a seated position, place the left foot on the outside of the right knee. Bring the right arm around the left knee, resting the elbow above the outside of the left knee. Slowly turn your head and upper body to look over your left shoulder.

Quadriceps "Stork" Stretch
Stand on one leg (if necessary for balance, place one hand on a wall). Bend the opposite knee and grasp the ankle. Keep your back straight and buttocks tucked under. Do not turn or twist your knee.

"C" Hip Stretch
Stand with your right hand on your hip, your feet flat, with your weight on your right leg and your left leg crossed in front of it. Gently push the left hip out, increase the stretch by standing further from the wall.

Hamstring Stretch #1
In a seated position, place the foot of the one leg against the inside of the knee of the other leg. Try to bring the chest to the thigh by bending forward from the hips. Keep the back straight. Pull your toes back to point toward your face.

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Posterior Shoulder Stretch
Cross your left arm over the front of your body and pull it toward your body (pointing downward) using your right hand. Hold for 15 to 30 seconds.

Shoulder Stretch
With your left hand, hold a racket behind your back by the throat or handle with the head of the racket pointing down. With your right hand, slowly pull the racket head down, bringing your left elbow to your ear and pointing it to the ceiling. Then slowly pull up with the left arm, pointing the lower elbow to the floor.

Calf Stretches
Extend one leg behind you while keeping the other leg forward. Cross your left leg over the back of your right leg and extend your toes to stretch the calf.

A. Bend the knee of the front leg. Do not arch your lower back.
B. Bend the back leg, keep the weight of your body on the front leg.

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**STATIC STRETCHING**

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