



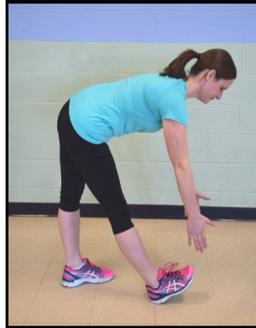
U.S. ARMY MEDDAC FORT DRUM, NY



DYNAMIC STRETCHING: Lower Extremity

TOE SWEEPS

- With the knee/back straight, reach down to the toes as you walk forward (hamstring/calf stretch)
- Perform for _____ yards, _____ times.



LATERAL ANKLE WALKS

- Walk on the outside of your feet (ankles turned in)
- Perform for _____ yards, _____ times.



KNEE TO CHEST

- Pull one knee to chest as you push up on your toes of the other foot.
- Perform for _____ yards, _____ times.



THE FROGGER

- With your arms at shoulder height, move your leg in a circular arc while stepping sideways.
- Perform for _____ yards, _____ times.



QUAD REACH

- Pull the heel towards the buttocks to stretch the quads as you walk. If able, bend forward to touch the ground
- Perform for _____ yards, _____ times.



“SLR” MARCH

- Keeping your knee/back straight, kick up towards your hands at shoulder height (hamstring stretch).
- Perform for _____ yards, _____ times.



THE OSTRICH

- With the knee/back straight & your arms side-ways, bend forward at the hips as you walk forward.
- Perform for _____ yards, _____ times.



FIGURE-4 SQUATS

- Cross your leg over the thigh and squat until you feel the buttocks stretch.
- Perform for _____ yards, _____ times.



STRAIGHT LEG WALKING

LUNGE

- Kick your leg forward, (hamstring stretch), then drop down into a deep lunge (hip flexor stretch) as you walk forward.
- Perform for _____ yards, _____ times.



LATERAL SUMO SQUATS

(“Twisters”)

- Perform a squat, then turn 180 degrees and repeat as you step sideways.
- Perform for _____ yards, _____ times.



SQUAT JUMPS

- Perform a deep squat and jump upwards. As soon as the feet hit the ground, jump forward again. Perform for _____ yards, _____ times. OR may be performed stationary _____ times (vertical jumps).



POWER SKIPPING

- Use one foot to push off the ground while forcefully flexing the hip to 90.
- Perform for _____ yards, _____ times.



SPRINT VARIATION DRILLS

- 1.) “Quick Feet Sprint” - alternate toe touches for 20 seconds, then jog/sprint _____ yards.
- 2.) “Jump Jump Sprint” - perform 2 squat jumps and then upon landing the 2nd, jog/sprint _____ yards
- 3.) “Burpee Sprint” - perform 2 burpees then immediate sprint _____ yards. (As shown)



Other Exercises: