



# U.S. ARMY MEDDAC FORT DRUM, NY



## DYNAMIC STRETCHING: Trunk

### THE FROGGER

- With your arms at shoulder height, move your leg in a circular arc while stepping sideways.
- 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 OSTRICH

- With the knee/back straight & your arms sideways, bend forward at the hips as you walk forward.
- Perform for \_\_\_\_\_ yards, \_\_\_\_\_ times.



### GLUT HAM BRIDGES:

- Lay on your back and pull one knee to the chest, then use the other leg to perform a bridge.
- Perform \_\_\_\_\_ times each leg.



### ROTATIONAL WALKING LUNGE:

- With your arms at shoulder height, perform a lunge while rotating right/left.
- Perform for \_\_\_\_\_ yards, \_\_\_\_\_ times.



### SCORPION:

- Lay on your back, extend and rotate leg behind body while keeping the chest on the floor.
- Perform \_\_\_\_\_ times each leg.



### LATERAL/OVERHEAD PASS WITH BALL:

- Performed with a partner, back to back, using a medicine ball.
- Perform overhead pass \_\_\_\_\_ times.
- Perform side pass \_\_\_\_\_ times
- May also perform on wall if no partner available.

