



U.S. ARMY MEDDAC FORT DRUM, NY



DYNAMIC STRETCHING: Upper Extremity

HUGS:

- Start with arms at shoulder height, palms facing forward, and cross the arms to reach the shoulder blades. Repeat _____ times.
- May perform w/lunges



CHEERLEADERS:

- Start with arms at sides, raise your arms in a circular arc overhead until the palms touch. Repeat _____ times



DYNAMIC EMPTY

CAN:

- Start with arms at sides, raise arms forward to 60-90 degrees while turning thumb downward as if emptying a can. Perform _____ times.



INCHWORM:

- Start in a “saggy push-up” position and walk the hand back toward your feet. Repeat _____ times.



WIPERS:

- With palms facing in, raise the right arm while lowering the left, then raise left arm while lowering right. Repeat _____ times.
- May perform w/lunges



UPPER BODY HAND WALK:

- Start in a standard push-up position and use your arms to walk to the right/left _____ times each or perform circles clockwise/CCW.



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.

