



Front Leg Swings



Stretches your hips, hamstrings and hip flexors

Swing your leg forward and back without stopping. Stay tall and keep up a moderate speed during this dynamic stretch.

15 seconds each leg

Side Leg Swings



Stretches your hips, glutes, IT band and groin muscles

Swing your leg side to side without stopping. Stay tall and keep up a moderate speed during this dynamic stretch.

15 seconds each leg