

Dynamic warm-ups will do three things to get your body ready for a running or walking workout:

- Increase core body temperature
- Improve your range of motion
- Boost blood flow to the “big” muscles you will be using when you workout

The “big” muscles are your gluteal muscles, quadriceps and hamstrings. Taking a few minutes to do these exercises will allow you to train hard and be less likely to have an injury. Make these few moves a habit before every workout.

**Knee-Grabs** - Stretches glutes, lower back, hamstrings, and quads.



While walking, grab one knee, pull it to your chest and then set your foot down. Walk a couple steps, and repeat with the other knee. Do 5 knee-grabs one direction, turn around and do 5 knee grabs coming back.

**Lunge Walk-outs** - Stretches hip flexors and activates glutes, quads and calves.

Stepping out in front of you, almost touch your back knee to the ground. Keeping your back straight, step forward on the opposite leg. Lunge walk-out 5 times in one direction, turn around and lunge-walk it back.

**Modification:** If your knees bother you, don't go as deep in the lunge. You will still get the benefit, and you can work into it.



**Shoe-Sweeps** - Stretches the lower back, hamstrings and calf muscles. Activates core. Helps with balance.



While walking, reach down to sweep your hands over your front shoe, pulling your toes up. Come back up and stepping out with the other foot, repeat. Go 5 steps in one direction, turn around and shoe-sweep it back.

# Dynamic Running/Walking Warm-Up

**Step-backs for Calves** - Stretches the calf muscles, Achilles tendon and the plantar fascia tissue.



Alternately, step back with the knee straight and push the heel down. Bring the foot back and repeat on the other side. Do 5 on each side with your knee straight, and then do 5 on each side with your knee bent. *Doing this exercise with your knees bent stretches both the gastrocnemius and the soleus muscle groups in the calf.*

**Hip-Openers/Closers** - Stretches the groin muscles, hip flexors and activates the glutes and quads.

(Also called Knee Hurdles) Standing next to something sturdy; such as your car, workout buddy, or a tree; lift your knee up and out, drawing a circle in one direction 5 times. Then reverse and do the same in the opposite direction 5 times. Repeat on the other leg.



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