



CENTRAL LOUDOUN BASKETBALL LEAGUE - PRACTICE RESOURCES



Dynamic Flexibility

LEVEL 1 MANUAL





DYNAMIC FLEXIBILITY LEVEL 1 MANUAL

Included in This Manual

- Introduction to Flexibility Training
- Benefits of Flexibility Training
- Overview of Dynamic Stretching
- Over 10 Exercises with Detailed Pictures/ Descriptions
- Intended for Beginner to Intermediate Athletes

Important Information

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More Information

- For information about our training programs in northern Virginia and Maryland, please visit www.TrueAP.com
- For information about our adult fitness, boot camp, and corporate wellness programs, please visit the True Fitness Training website at www.TrueFT.com
- See Rob Rose's blog at www.TrueAP.com/blog



Introduction

In this Flexibility Training manual, you will learn the information and exercises necessary to increase the flexibility of any individual, no matter what age or fitness level. Our management team has been training athletes as well as the general populace since 1995, and we are proud to share our expertise with you! By implementing these techniques, you will be able to improve range of motion, reduce the risk of injury, and improve performance! Our research and experience has lead to the development of this manual, and we are positive that this information will be of great value to anyone hoping to achieve their fitness goals. While it is important to train hard for maximum results, it is even more vital to TRAIN SMART! Flexibility training is an often overlooked component of a proper fitness program. Our research and exercise lists will teach every client how to use the correct methods of training at the right time for the most effective results possible.

Methods of Stretching

Five of the most common forms of stretching are:

- Ballistic
- Active
- Static/ Passive
- Dynamic
- PNF

In this manual, **Ballistic** and **Active** stretching will not be covered in detail due to lack of benefit to clients. **Ballistic** stretching involves using momentum to force the body or limbs beyond their normal range of motion. This is achieved with a “bouncing” motion. This form of stretching is rarely used, as it is seen as not beneficial and can lead to injury. **Active** stretching involves holding a stretch using only the agonist muscle. For example, a hamstring stretch would be held using only the tightening of the quadricеп muscle. This method of stretching is also rarely used, as it is very difficult to reach full range of motion and to hold this method of stretching for more than 10 seconds.

Benefits of Stretching

- Reduced Muscle Soreness
- Decrease Risk of Injury
- Improved Posture
- Reduced Low Back Pain
- Increased Blood and Nutrients To Tissue
- Improved Muscle Coordination



Dynamic Flexibility: Overview

Definition:

The Ability to be able to perform kinetic movements of the muscles to bring a limb/limbs through its full range of motion (ROM).

Purpose:

- Elevate Core Body Temperature
- Enhance Motor Unit Excitability
- STRETCH AND WARM UP AT THE SAME TIME!

Benefits:

- Increase Temperature of Muscles
- Increase Blood Flow and Oxygen to Muscles
- Increase Speed of Nerve Impulses
- Increase Range of Motion at Joints
- Improve Performance
- Prepares Body to Move in All Directions
- Reduce the Risk of Injury

Research:

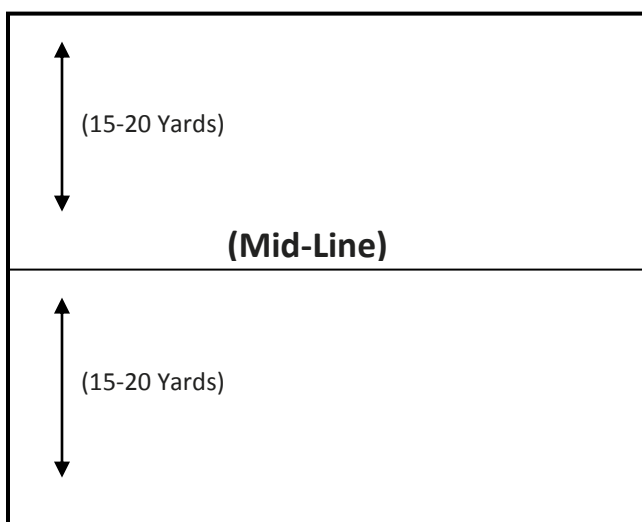
- People are Most Flexible Between 2:30 and 4:00pm
- **Recent Data** (Low Intensity Aerobic Exercise & Static Stretch vs. Dynamic Warm-up)
 - VJ ↑ by 6.5%,
 - Long Jump ↑ by 1.9%
 - Shuttle Run ↓ by 2.6%

Uses:

A dynamic flexibility routine should be used PRIOR to a workout as a warm-up for the body. After dynamic stretching, you are prepared for any movement that a workout or competition can offer.



Dynamic Flexibility: Setup



Stretches:

- Walk on Balls of Feet
- Walk on Heels
- Ankle Flips
- High Knees
- Butt Kicks
- Frankenstein Walks
- Side Shuffle/Fast Shuffle
- Carioca
- Carioca with High Knee
- Backpedal
- Sprint



Dynamic

Walk on Ball of Feet



- Walk slow on the balls of your feet
- Stay as high as possible as you walk forward
- Flip to "Walk on Heels" at mid

Dynamic

Walk on Heels



- Walk slow on your heels with toes pointed up
- Try and pull toes to shin throughout the exercise



Dynamic

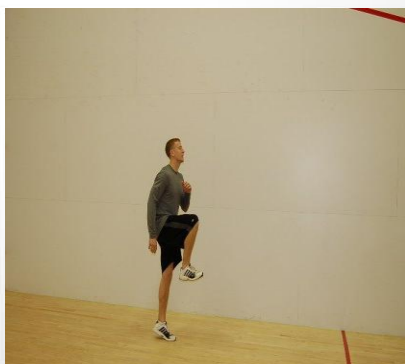
Ankle Flips



- Walk Slow
- Pull Toe to Shin and SLAM to Ground
- Stay on Toes
- Add Skip @ Mid

Dynamic

High Knees



- Walk Slow
- Pull Toe to Shin When Knee in Air
- Thigh Goes to Parallel
- Use Arms!
- Add Skip @ Mid



Dynamic

Butt Kicks



- Walk Slow
- Pull Toe to Shin in Air
- Stay on Toes
- Use Arms!
- Move Legs Faster @ Mid

Dynamic

Frankenstein Walks



- Walk Slow
- Pull Toe to Shin in Air
- Keep Leg Straight in Air
- Kick Only As High As You Can!
- Use Arms!
- Add Skip @ Mid



Dynamic Slow Shuffle



- Shuffle Slow
- Reach With Outside Leg
- Push Off Inside Leg
- Stay on Toes
- Switch Directions @ Mid

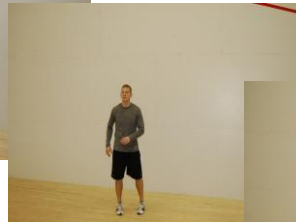
Dynamic Fast Shuffle



- Shuffle Fast
- Reach With Outside Leg
- Push Off Inside Leg
- Stay on Toes
- Switch Directions @ Mid

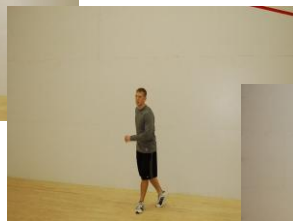
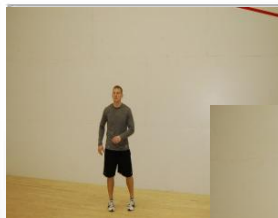


Dynamic Carioca



- Slow and Controlled
- Keep Shoulders Square
- Twist at Waist and Hips
- Stay on Toes
- Switch Directions @ Mid

Dynamic High Knee Carioca



- Same Rhythm as Carioca
- Add High Knee at Front Cross-Step
- Stay on Toes
- Switch Directions @ Mid



Dynamic

Backpedal



- Slow and Controlled
- Shoulders Square and Over Toes
- Use Arms!
- Stay on Toes
- Switch to Jog @ Mid
- Repeat 3X
- Each Time Moving Faster

Dynamic

Sprint



- Proper Form & Technique
- Head Up/ Shoulders Square
- Stay on Toes
- Start at 50% Speed
- Repeat 3X
- Each Time Moving Faster



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