Dynamic Stretches
Perform before you exercise. 1-2 sets of 10-20 repetitions each leg.

- Straight Leg Walks
- High Knees
- Butt Kicks
- Open Gate
- Piriformis Knee Pull
- Lunge with Core Twist
- Side to Side Hip Swings
- Front to Back Hip Swings
Static Stretches
Perform after you exercise. 1-2 sets of 30-second holds each position.