

Dynamic stretching examples:

High knees:

This is basic running form while bringing the knees up higher than normal – ideally beyond your waistline. Aim to keep your feet moving as fast as possible and your ankles, knees, hips and shoulders facing forwards.

Butt kicks:

Similar to high knees except you keep your thighs perpendicular to the ground while kicking your heels up towards your backside. Again, move fast and keep ankles, knees, hips and shoulders in alignment.

Carioca:

Moving laterally to your left, cross your right foot in front of your left, then step with your left, then cross your right foot behind the left and repeat. Aim for as much hip rotation as possible and keep those feet moving fast.

Glute walk:

In the process of your walk, put your left hand on your left knee and right hand on your left ankle, then pull both in towards your chest. Take a step and repeat the other leg.

Back pedal:

Run backwards maintaining a little bit of forward lean (shoulders over your toes) to prevent falling. Really “reach back” as far as you can with each step to help stretch the hip flexor muscles.

Frankenstein march or the Toy Soldier:

Keeping your left leg straight, kick it up in front of you as high as you can, trying to touch the fingertips of the opposite arm – basically a straight leg march – then repeat with the right leg. This is an excellent way to increase hamstring flexibility.

Knee hug:

While walking forward, hug your left knee into your chest, then step and repeat on the right leg, continuing with alternate legs. This is an excellent way to loosen up the glutes and hips.

Pointers:

Keeping your left leg straight (and right leg bent) and left foot pointed upwards, reach down with your right hand to try to touch your left toe. Then take a step and repeat the other side. This is another excellent movement for enhancing hamstring and low back flexibility.

Quad walk:

While walking forwards, pull your left heel in to your butt, then step and repeat with the right leg, continuing with alternate legs. This is ideal for loosening up the quadriceps and hip flexors.

Low lunge:

Step forward with your left leg into a lunge position (ankles, knees, hips and shoulders facing forward, torso upright) trying to place your left elbow on the ground as close to your left heel as possible.

Over the fence:

Facing in the opposite direction to the way you want to travel, raise your left knee as high as possible and rotate it behind you as if you were trying to walk backwards and step over an imaginary fence. Repeat on the right leg and continue with alternate legs.

Inchworm:

Assume a push-up position on the ground, and walk your feet close to your hands while keeping the legs straight as possible. Then return to the start position. Repeat over the prescribed distance, making sure your hands and feet never leave the ground.

Scorpion:

Lie face down on the ground with arms extended out to the sides, palms facing down, so your body forms a "T" shape. Maintaining this facedown position and keeping your shoulders flat on the ground, bring your left heel and swing it back towards your right hand in a reverse twisting motion. Repeat on the other leg.

Source: Wikipedia