

Here is the Fast Stretch Wave™ program that can be done on a field or anywhere before an activity or event. All of these stretches can also be done at a slower tempo.

1. Hip Circles



1. Stand with feet hip distance apart and push hips out right side
2. Circle them around to the back pushing hips backward
3. Continue circling them to the left, pushing hips outward
4. Finish hip circle by moving around to the front, pushing hips forward
5. Begin with small, slow circles and increase size and speed of circles
6. Continue circles until hips feel loose in every direction
7. Reverse to the other side and continue until hips feel loose in every direction

2. Leg Swings: Front to back, bent knee to straight knee



1. Swing leg forward keeping the knee bent, move arms in opposition
2. Swing leg back keeping knee bent, move arms in opposition
3. Begin with small and slow movement and increase size and speed of swings; repeat other side until loose
4. Straighten your knee and flex your foot as you again swing front and back, increasing size and speed of swings until legs feel loose in both directions.

2. Leg Swings: Open and across the body



1. From the last leg swing series, swing leg across your body, keep knees bent
2. Rotate arms across torso in opposition to leg
3. Swing leg open and out to the side
4. Begin with small and slow movement and increase size and speed of swings until you feel loose; repeat other side
5. Straighten your knee and flex your foot, continuing same swings across the body and out to the side until loose in both directions; repeat other side

3. Hip Series Kneeling



Hip flexor:

1. Kneel on one leg, place hands on front knee and lunge forward over front leg
2. Press both hips forward and keep chest lifted
3. Move in and out of stretch until hip flexor feels loose

Lateral hip:

1. From last position, push hips out toward the side of the back knee
2. Bend torso away from hip being stretched
3. Bend head and torso forward to release the stretch and come up to start position before repeating sequence until loose

Adductors:

1. From last position, open leg out to side
2. Lunge toward the outside of the upright leg and hip, leaning away from the kneeling leg and hip.
3. Wave in and out of the stretch, rocking from one side to the other side until you feel loose
4. Repeat series on the other side



4. Glutes

1. From a standing position, cross one leg at the ankle over the other leg above the knee and bend standing knee
 2. Bend over at the waist and touch the ground with fingertips
 3. Increase the bend of standing knee to deepen the stretch
 4. Move in and our of position until glutes feel loose
- Repeat on the other side

5. Abdominals



1. Move down to the ground and place hands shoulder width apart, your face down with fingers pointing away from your body, top of your feet on the ground
2. Press your hands and shoulders into the ground or floor as your lift your body up
3. Keep hips pressing into the ground and lengthen the spine through the top of the head, pulling abdomen in slightly.
4. Lift up body as far as possible, but do not allow any pinching in the low back
5. To increase the stretch lift chin
6. To further increase stretch and include the obliques, shift weight more to one hand and look over opposite shoulder
7. Repeat torso rotation to the other side

6. QL & IT Band



1. Bend and cross top leg over bottom leg in a sideline position
 2. Slide bottom leg away from top leg, place hands on ground for support
 3. Keep torso lifted upright
 4. Let hips sink toward ground and wave the hips by slightly rolling the pelvis forward and back
 5. To increase stretch, lift torso up more and slide bottom leg out farther
- Repeat on the other leg

7. Low Back



1. Pull both knees into chest and hug with both hands
2. Tuck chin toward chest and lift hips off ground
3. Rock back and forth slowly
4. Increase the speed and size of movement
5. Knees together, drop legs over to one side then separate them, one knee placed higher
6. Pull knees together again, tighten abdominals, then pulls legs up before dropping them to repeat the sequence on the other side
7. Move back and forth repeating sequence side to side until low back feels loose

8. Glutes with or w/o pole or wall



1. Find a pole or a wall if possible, but not mandatory and place your foot on the object
 2. Place your ankle above the opposite knee, hands supporting knee and ankle
 3. Push the knee away from the body to stretch the hip flexors and deep rotators of the leg. Release then repeat as needed.
 4. Next pull the top leg toward the chest with both hands as shown, keeping it at a 90 degree angle until you feel the stretch
 5. To increase stretch, you can reach through the bottom leg and pull both legs toward chest
 6. From the last position, bring the knee to the center line of the body and pull it down into chest
 7. Simultaneously, grab the ankle and bring it down toward the floor with the opposite hand
 8. Roll your body to the opposite side of the crossed leg to increase the stretch
 9. Explore the different angles and fibers by rocking the body slightly, side to side
 10. To increase stretch, move knee to opposite shoulder and pull ankle to floor
- Repeat on the other side

8. Hamstrings



1. Move feet a few feet apart and bend both knees
2. Bend over at the waist and grab ankles
3. Gently try and straighten legs
4. Release stretch and bend knees again
5. Repeat until hamstrings and hips feel loose
6. Shift weight over to right side and try to straighten legs, releasing when stretch sensation prevents any more movement
7. Shift weight over to left side and try to straighten legs as previously noted
8. Keep moving from side to side, repeating sequence until hamstrings feel loose

9. Lower Legs



1. From the last position, bring feet together and walk hands out until torso approximates a 90° angle with straight legs
2. Push hips back and torso down toward the ground
3. Press one heel into ground, but keep knee bent and release the other leg slightly forward with the heel coming off the ground
4. Change to the other leg and continue alternating back and forth between legs until you feel loose
5. Repeat the same sequence as above but try to straighten the back knee, continuing the movement until lower legs feel loose

10. Lateral Line



1. With feet hip width apart, raise one arm up over head on inhale
2. Bend to side, away from upper arm on exhale
3. Stretch through fingertips and bend as far as possible
4. Explore different angles by gently rotating torso toward the ground then up to the sky or ceiling, repeating until you feel it loosening up
5. To increase the stretch, turn top arm so palm is facing up
6. Reach out with other arm and grab top arm
7. Roll through the center and repeat on the other side
8. Stretch from side to side moving through the center until both sides feel loose

11. Arm Swings



1. Stand with feet hip distance apart and alternate swinging arms, moving one front and the other back
2. Slowly increase the size and speed of the movement
3. Continue until arms and shoulders feel loose
4. Swing arms across chest
5. Swing arms up over head
6. Continue until arms and shoulders feel loose

Arm swings continued



1. Swing arms across body with torso rotating from side to side, knees slightly bent
2. Bring front arm across body as far as possible and swing back arm as far back as possible
3. Rotate torso as far as possible
4. Alternate swings slowing increasing the size and speed of the movement
5. Continue until arms, shoulders and torso feel loose
6. Drop torso down toward ground and continue movement until it feels loose
7. Alternate keeping head center for several swings and then try turning the head to initiate where the torso and arms will rotate

12. Arm Series:



1. Take arms out to sides and bend elbows at 90 degree angle
2. Externally rotate entire shoulders back as far as possible, keeping angle
3. From last position, internally rotate arms down as possible, keeping angle
4. Alternate movement from arms up in external rotation to down in internal rotation until shoulder feel loose
5. Take arms straight out to sides and turn palms up, externally rotating shoulders as far as possible
6. Turn palms down, internally rotating shoulders as far as possible
7. Alternating movement back and forth until shoulder feel loose; option: alternate arms in opposite directions

13. Shoulders



Anterior Shoulder:

1. Relax arm down into socket and draw it across your back with other hand
2. With hand holding above wrist bring arm as far behind back as possible, keeping elbow bent
3. Stand up straight and exhale as you gently pull arm across back
4. To increase stretch, push hand away from low back
5. Bend head into lateral flexion to the opposite side
6. Move in and out of stretch until you feel loose



Posterior Shoulder

1. Relax arm down into socket and draw it across your chest with other hand
2. Bend assisting arm to bring arm being stretched toward body
3. Bring stretched arm as far across chest as far as possible, keeping elbow as straight as possible
4. Exhale as you gently pull arm across chest, making sure the shoulder stays dropped into the socket
5. To increase stretch, change position of assisting arm to holding above the wrist and straighten arm as you continue to bring it across and into chest (No Photo)
6. Bring stretched arm as far across chest as possible, keeping elbow as straight as possible
7. Move in and out of stretch until you feel loose

14. Wrists



Wrist Flexors

1. Gently traction wrist out by grasping below the wrist with other hand
2. Bend the wrist into extension and place assisting hand palm to palm with wrist being stretched
3. Relax elbow and shoulder as you bend fingertips toward body, make sure to include thumb
4. To increase stretch, slide top hand down to fingertips and straighten elbow
5. Explore different angles by moving the hand in directions toward thumb and then toward pinkie.



Bicep and Wrist Extensors:

1. Lift arm behind you and turn hand with back of wrist pointing down
2. Try to rotate entire arm down toward ground, keeping shoulder down
3. Bend wrist toward palm, reaching fingers upward
4. To increase stretch, turn body and head away from arm and exhale into stretch