

BC Endurance Warm-up Stretching Routine

- **Arm swinging** (arms swing back and forth, overlapping in front of you).
- **Up and down** (swing hands/arms high up and then down and back).
- **Behind you** (hands together, swing arms to the side and back, twisting your trunk; feel the pleasant effects of the movement through your hips to your knees, and ankles).
- **Feet together; arms straight up** (shoulders relaxed).
- **Lean to one side; lean to the other** (shoulders back and down, comfortable).
- **Neck rotations** (roll head one way and then the other; comfortable; no sharp pains).
- **Look to the side; tilt your head up and down.**
- **Look to the other side; tilt your head up and down.**
- **Shoulder shrugs** (one direction several times, then the other direction).
- **Achilles stretch** (feet shoulder width apart, bent knees, trunk erect above hips, feel the stretch on the back of the lower leg, minor stress in the quad muscles).
- **Stand up; spread out** (feet not quite double shoulder width apart, forming a stationary triangle with the hips); **trunk twisters.** (Rotate the trunk within a comfortable range throughout).
- **Groin stretch** (feet double shoulder width, if comfortable. Bend over from the waist, keeping the back straight. One leg remains straight, the other bends with the knee above the middle of the foot below. Shift your weight slowly from side to side bending and straightening the legs as you go).
- **Quad Stretch** (stand on one foot; hold the other foot at the ankle; bring the foot back towards the other knee, at a relaxed level and good posture; hold something for balance).
- **Calf Stretch** (back foot perpendicular to hips, knee locked; front knee over the ankle below; adjust the distance between feet for a relaxed, sustainable stretch).