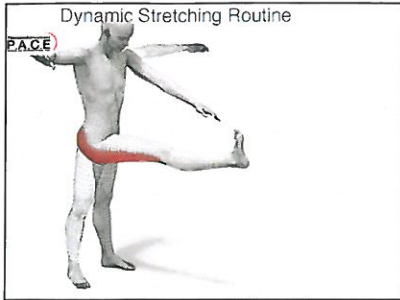


# My David McHenry Workout

## Dynamic Stretching Routine for Oregon Project



David McHenry



**Dynamic Stretching Routine**

Find an open space to do the dynamic stretching routine. You will need a length of about 15 yards (15 large steps) for the routine. You will do each dynamic activity the entire length (15 yards) and then jog back to the starting point and go to the next dynamic activity. Make sure you have been cleared by your physician to

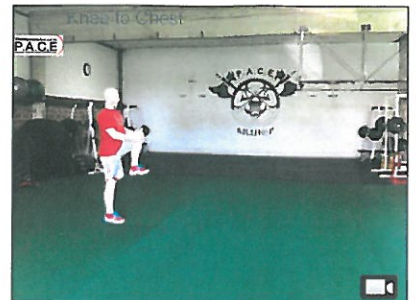
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Warm Up**

Before doing your Dynamic Stretching routine, start by jogging for about 5 minutes to warm up your body

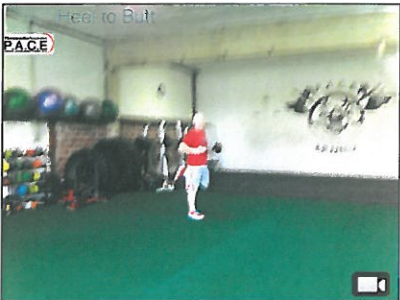
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Knee to Chest**

Standing nice and tall. Pull your knee in to your chest while keeping your shoulders back. Step forward and progress to the opposite side.

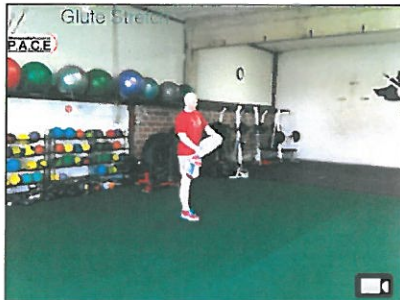
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Heel to Butt**

Standing nice and tall. Bring heel to your put, crab your foot with your hands and pull foot back as far as needed to get a good quad stretch. Step forward and repeat on opposite side.

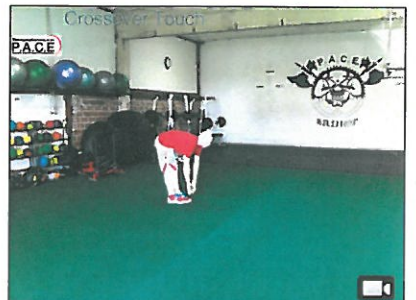
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Glute Stretch**

Standing nice and tall, grab your knee and shin (leg is in a slight turned out position) and pull knee to your chest. Step forward and repeat on opposite side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Crossover Touch**

Cross one leg over the other. Keep knees straight. Keeping your back straight, reach down toward your toes to get a stretch in your hamstring. Come up, step forward, cross other leg behind and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Lunge and Reach**

Take a wide step out in front of you and get in to a deep lunge position. Reach opposite arm (opposite from forward leg) high in to the air. You should get a good stretch in the front of the hip on the leg that is back. Step forward and repeat on opposite side.

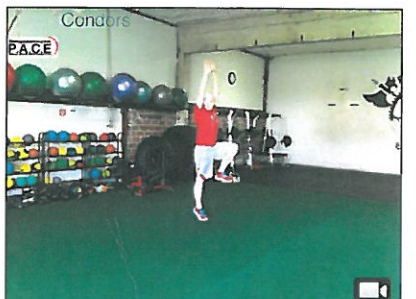
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Toes to toes and touch**

Keeping your back straight; point your toes in and reach down to the ground to stretch hamstrings. Step forward, point toes out and reach down. Continue with this pattern.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Cancers**

Raising your heel off the ground and reaching up as high as you can through your arms, spine and leg. Once at the top of your position then role the arms back and open the chest.

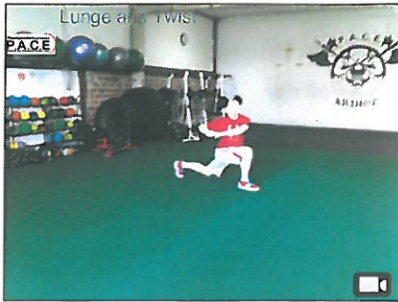
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

# My David McHenry Workout

## Dynamic Stretching Routine for Oregon Project



David McHenry



**Lunge and Twist**  
 Lunge out in to a wide lunge position  
 Rotate over the leg that is forward  
 Step forward and repeat on opposite side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



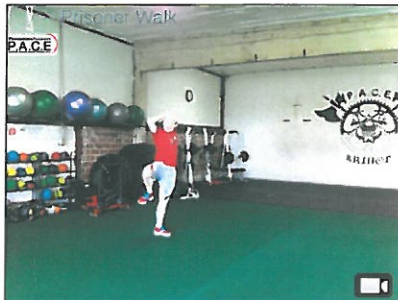
**Dyna Walk**  
 Keep one leg straight and planted on the ground  
 keeping back straight, hinge forward and reach opposite hand to toe  
 come up from that position, step forward and repeat on other leg

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Groin Stretch**  
 Stepping out to the side in to a wide, spread leg position  
 Squat down and lean side to side to get a stretch in each groin  
 Take another side step and repeat  
 be sure to go down and back so that you progress laterally each way for one full length

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Dynamic Walk**  
 Lifting knee up in front like you are marching, bring the leg down and bring it back up to your side, knee to waist height  
 Step forward and repeat on opposite side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**Ham Pulls**  
 Keep your back straight and reach down to your foot  
 pull up on your toes so you get a stretch in your hamstring and your calf  
 step forward and repeat on opposite side

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			