

# TPE DYNAMIC STRETCH & ROLL (POST-WORKOUT)

Dynamic stretches (do these first):

- Leg swings
- Walk w/ crossed leg hamstring stretch
- Piriformus leg lift walk
- Walking lunges with arms overhead twist
- Dynamic Side lunges (toes up)
- Pulsing hamstring stretch
- Two arm circles (both ways)
- Up down calf stretch
- Arm rotations
- Dynamic solo chest stretch
- Standing twists
- T-spine extensions
- Laying quad stretch
- Laying twist

Rolling (do these second)

- Glutes and hips – with the lacrosse ball
- Hamstring – seated on a chair or bench, with the lacrosse ball
- Adductors – with the foam roller
- Quads and TFL – with the foam roller
- Calves – with the foam roller
- Plantar fascia – standing, with the lacrosse ball
- Chest – standing against the wall, with the lacrosse ball
- Lats – with the foam roller
- Scapular muscles – laying, with the lacrosse ball