

Download Dynamic Stretching Guide

Dynamic Stretching vs Static Stretching on Hamstring Flexibility A study published in the Journal of Orthopaedic and Sports Physical Therapy (5) compared the effects of dynamic stretching, static stretching and no stretching on knee extension range of motion to measure hamstring flexibility. Dynamic Stretching A Dynamic Routine. Stretch safely—before you run. By Nikki Kimball. This Dynamic Warm-Up Takes Less Than 5 Minutes. ... A Runner's Guide to Warming Up. Dynamic Stretches for Runners. Dynamic stretching involves performing sport-specific movements that prep the muscles we're going to be using during the workout, in a way that mimics what we're going to be doing. Unlike static stretching, dynamic movements aren't tedious, 30-second stretches working one muscle at a time. Over the years, there has been a static and dynamic stretching debate about which is the best, and which is more effective. You may like others have a question like what is the difference between static and dynamic stretching? Here is a guide to help you understand more about each type of stretching. Dynamic Stretching vs Static Stretching