Dynamic Head-to-Toe Stretch

1. Neck Rotation
   - Drop chin to chest.
   - Slowly rotate neck towards left shoulder, back to centre, repeat to the right.
   - Keep shoulders relaxed.

2. Arm Circles
   - Circle one arm slowly forward, then backwards.
   - Keep body still.
   - Repeat with opposite arm, then repeat with both arms at the same time.
   - Try circling both arms in opposite directions, at the same time.

3. Back and Chest Stretch
   - Stand with feet hip-width apart, knees loose.
   - Cross (hug) arms in front of chest.
   - Slowly extend both arms out to the side and back past shoulders.
   - Keep arms at shoulder height.
   - Extend finger tips.

4. Side Bend
   - Stand with feet slightly wider than shoulder-width apart.
   - Knees slightly bent and hands on hips.
   - From waist, bend slowly to one side, then the other.
   - Do not lean forward or backwards while stretching.

5. Trunk Rotation
   - Stand with feet shoulder-width apart, knees slightly bent.
   - Arms straight out by sides.
   - Swing both arms in the same direction.
   - Slightly twist body in direction of swing.
   - Change directions.

6. Lower Back and Hamstring Stretch
   - Stand with feet slightly wider than shoulder-width apart.
   - Knees slightly bent and arms straight out to sides.
   - Lean forward, twist, bring right hand towards left ankle.
   - Return to standing, repeat on opposite side.
   - Keep arms straight.

7. Leg Swing
   - Stand sideways to wall, hand on wall for balance.
   - Start with outside leg slightly bent, swing forward and back.
   - Turn and repeat with other leg.
   - Stand facing wall, knees slightly bent. Slowly lift and swing one leg out to side, then back across body.
   - Do not twist torso. Repeat, switching legs.

8. Forward Lunge
   - Stand tall, hands on hips or head for balance.
   - Lunge forward with leg and bend knee (90 degrees).
   - Align front knee with front heel.
   - Back leg bent 90 degrees, heel off floor.
   - Step back to return to standing.
   - Repeat, switching legs.

9. Squat
   - Stand tall, feet shoulder-width apart, arms out front for balance.
   - Bend knees until thighs parallel to floor (sitting in chair).
   - Knees over feet, weight on heels, back straight, look ahead.
   - Return to standing.

10. Ankle Rotations
    - Stand and rotate one ankle on the ball of the foot.
    - Circle one way ten times, then the other.
    - Repeat with opposite foot.

Repeat each Dynamic stretch 5 to 10 times.