**Marching Band Member Wellness Program**

**Pre-Practice Stretch Routine**

Quick dynamic (2 min – incorporated into 1 lap run)

Walking Lunge (backstretch 15 yds)

Carioca (backstretch 15 yds)

Butt-kickers (backstretch 15 yds)

Power skip (homestretch 15 yds)

B-Skips (homestretch 15 yds)

Seahorses (homestretch 15 yds)

7-8 min static stretch

Windmills (big arm circles, fwd and back)

Skiers (arms extended, swing up and down)

Shoulder Scoops (shoulders rotate, palms go up behind scapula)

Arm Straight across

Arm bent overhead (tricep)

Waist circles (legs extended, bend at waist)

Haymakers (up at torso level, then down to toe touch)

Neck circles (dynamic)

Wave Squat

Straddle stretch (walk hands right, left, underneath)

Standing hip flexor (quarter-lunge) with calf stretch (back leg extended)

Standing IT band (foot crossover, knees slightly bent-throw hips out)

Hip/Ankle rolls (knee bent w/foot planted)

Seated hip openers (bent knees wide, heels in ground)

Hollywood stretch (cross bent leg over extended leg, rotate torso with pressure on bent thigh)

5 jumping jacks; 5 tuck jumps