



Stretches for Before and After Rowing

<p>Dynamic- High Knee Jog</p> 	<p>Dynamic- Kick Stretch</p> 	<p>Calf Stretch</p> 	<p>Achilles Stretch</p> 
<p>Dynamic- Walking Lunge</p> 	<p>Dynamic- Butt Kick</p> 	<p>Shoulder Stretch</p> 	<p>Triceps Stretch</p> 
<p>Dynamic- Open the Gate</p> 	<p>Dynamic- Hip Stretch (Figure 4)</p> 	<p>Back of Leg Stretch</p> 	<p>Glute Stretch</p> 

Stretches for Before and After Rowing

<p>Deep Squat</p> 	<p>Butterfly</p> 	<p>Runner's Lunge</p> 	<p>Lunge twist</p> 
<p>Lower Ab Stretch</p> 	<p>Thigh Hip Stretch</p> 	<p>Psoas/Hip Stretch (Figure 4)</p> 	<p>Hip/Back of Leg</p> 
<p>Seated Twist</p> 	<p>Hurdlers Stretch</p> 	<p>Pidgeon Stretch Up</p> 	<p>Pidgeon Stretch Down</p> 