

STRETCHING

DYNAMIC



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



SHOULDERS & UPPER BACK



CHEST



CORE & LOWER BACK



OBLIQUES



LOWER BACK



LOWER BACK, HIPS & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIPS & HAMSTRINGS



HIP ADDUCTORS, ABDUCTORS & GROIN



QUADRICEPS



CALVES

• 10-15 reps • Use full range of motion in smooth moves • Stop if you feel pain

Dynamic Stretching Guide

C Cleary



Dynamic Stretching Guide:

Whispering the Secrets of Language: An Emotional Quest through **Dynamic Stretching Guide**

In a digitally-driven world wherever monitors reign supreme and quick connection drowns out the subtleties of language, the profound techniques and mental subtleties concealed within words usually go unheard. Yet, nestled within the pages of **Dynamic Stretching Guide** a fascinating literary treasure pulsing with raw thoughts, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, this charming opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within ab muscles fabric of each and every word. Within the psychological depths of the emotional evaluation, we can embark upon a genuine exploration of the book is primary themes, dissect its charming publishing style, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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