

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

M Planty



Dynamic Stretching Guide:

Whispering the Techniques of Language: An Mental Journey through **Dynamic Stretching Guide**

In a digitally-driven earth where displays reign great and immediate conversation drowns out the subtleties of language, the profound strategies and psychological nuances hidden within phrases usually get unheard. Yet, located within the pages of **Dynamic Stretching Guide** a captivating literary treasure blinking with natural thoughts, lies an extraordinary quest waiting to be undertaken. Published by an experienced wordsmith, that charming opus attracts readers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the mental depths with this poignant evaluation, we can embark upon a honest exploration of the book is key themes, dissect its captivating writing type, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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