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

Richard Thomas Cotton,Robert Lewis Goldstein

Dynamic Stretching Guide:

The Johns Hopkins Medical Guide to Health After 50 Simeon Margolis,2002 This book is the only authoritative consumer guide specifically aimed at the health concerns of people over 50 **The Complete Idiot's Guide to Healthy Stretching** Chris Verna,Steve Hosid,1998 Guide to stretching exercises that can be done at home in the car at work or nearly anywhere Geological Guide-book for an Excursion to the Rocky Mountains Samuel Franklin Emmons,1894 **Course Integrator Guide for a Wellness Way of Life** Powers,Lord Robbins,2001-07 *The Gambetta Method* Vern Gambetta,Gambetta Sports Training Systems, Incorporated,1998 **Journal of Human Movement Studies** ,2005 **Aerobics Instructor Manual** Richard Thomas Cotton,Robert Lewis Goldstein,1993 Suitable both for people setting out to be instructors and for seasoned professionals this resource provides a guide to the scientific instructional and professional knowledge required of group fitness instructors Chapters include exercise physiology fundamentals of anatomy biomechanics and applied kinesiology nutrition and weight control health screening fitness testing and aerobic programming teaching an aerobic class special populations and health concerns exercise and pregnancy musculoskeletal injuries emergency procedures and legal and professional responsibilities **Ninjutsu** Masaaki Hatsumi,1981 This is the only book on the art of ninjutsu written by Dr Masaaki Hatsumi the 34th generation leader of the togakure ryu ninjutsu tradition This best seller contains training and fighting secrets known only to the ninja of ancient Japan *National Physical Therapist Assistant* Geralyn A. Farrelly,2003 **Fatal Flute and Stick Forms** Poi Chan,1985 The kung fu masters of old China knew that the flute a simple musical instrument was one of the most deadly weapons of all time The same held true for the staff In the hands of a master these simple weapons could destroy an enemy In this book renowned master Chan Poi teaches the techniques forms and principles of combat that meet the demands of today s self defense **The Medical Critic and Guide** William Josephus Robinson,1916 Principles and Labs for Physical Fitness Werner W. K. Hoeger,Sharon A. Hoeger,2003-04 *Principles and Labs for Fitness and Wellness* Werner W. K. Hoeger,Sharon A. Hoeger,2004 PRINCIPLES AND LABS FOR PHYSICAL FITNESS AND WELLNESS SEVENTH EDITION guides students through the development of an attainable and enjoyable fitness and wellness program With over 150 pieces of art to make this text truly engaging it also gives students the motivation and techniques they need to apply their learning experiences and knowledge received from their fitness and wellness course Perforated laboratory worksheets found at the end of each chapter allows readers to analyze and understand the concepts that they have learned and move to the next state of behavioral modification The emphasis is on teaching individuals how to take control of their personal health and lifestyle habits so they can make a constant and deliberate effort to stay healthy and realize their highest potentials for well being In addition to the strength of the text PRINCIPLES AND LABS FOR PHYSICAL FITNESS AND WELLNESS comes with a wide range of teaching and learning resources unlike any other to support your course Besides the exclusive offerings of the CNN Video Today series

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facilitation techniques joint mobilization postural stability and balance interventions core stabilization training aquatic therapy functional movement screening and more Interventions Strategies for Specific Regions Describes applications of techniques and interventions related to common movement based overuse traumatic and postoperative musculoskeletal dysfunction Provides guidance on conditions common to the shoulder complex elbow wrist hand digits groin hip thigh knee lower leg ankle foot and spine Discusses pathomechanics and injury mechanisms while focusing on rehabilitation strategies and concerns for specific injuries and providing example protocols Special Considerations for Specific Patient Populations Provides application of all previous intervention strategies and how these may need to be selected adapted and utilized for geriatric patients pediatric patient and physically active females Musculoskeletal Interventions is filled with features that help you understand and retain critical information Learning aids include objectives tales clinical pearls figures video links summary points chapter ending treatment guidelines and references

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