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

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Minjie Lin

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Table of Contents Dynamic Stretching Guide

1. Understanding the eBook Dynamic Stretching Guide
   - The Rise of Digital Reading Dynamic Stretching Guide
   - Advantages of eBooks Over Traditional Books
2. Identifying Dynamic Stretching Guide
   - Exploring Different Genres
   - Considering Fiction vs. Non-Fiction
   - Determining Your Reading Goals
3. Choosing the Right eBook Platform
   - Popular eBook Platforms
   - Features to Look for in an Dynamic Stretching Guide
   - User-Friendly Interface
4. Exploring eBook Recommendations from Dynamic Stretching Guide
   - Personalized Recommendations
   - Dynamic Stretching Guide User Reviews and Ratings
   - Dynamic Stretching Guide and Bestseller Lists
5. Accessing Dynamic Stretching Guide Free and Paid eBooks
   - Dynamic Stretching Guide Public Domain eBooks
   - Dynamic Stretching Guide eBook Subscription Services
   - Dynamic Stretching Guide Budget-Friendly Options

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