

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, HIP'S & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIP'S & 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

Shasha Hu



Dynamic Stretching Guide:

Whispering the Strategies of Language: An Mental Quest through **Dynamic Stretching Guide**

In a digitally-driven earth wherever displays reign supreme and immediate connection drowns out the subtleties of language, the profound strategies and mental subtleties concealed within phrases frequently move unheard. However, located within the pages of **Dynamic Stretching Guide** a captivating literary value blinking with raw emotions, lies a fantastic journey waiting to be undertaken. Published by a talented wordsmith, that charming opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the material of every word. Within the psychological depths with this emotional review, we can embark upon a heartfelt exploration of the book is core subjects, dissect its captivating writing fashion, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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